5.9-MAGNITUDE AFTERSHOCK ROCKS HAITI, PG 7

Local pg 3

Council eyeing new town crier



The world's largest global newspaper
metro
IFAX • THURSDAY, JANUARY 21, 2010 metronews.ca

Celebrity Buzz

Tiger rehab photos leaked

pg 18



Danton to explain joining Huskies

HOCKEY Former NHL player Mike Danton, who was convicted of conspiracy to commit murder, will break his silence to discuss his move to Saint Mary's University to play hockey.

Danton will hold a news conference today about his decision to enrol at the university and play for the hockey team.

A statement yesterday from the university says Danton, 29, will not talk about the incident that landed him behind bars.

Danton was released from a United States prison in March of last year after he was convicted in 2004 in a failed murder-for-hire plot. He returned to Canada and was granted full parole last September.

THE CANADIAN PRESS

Weather **A snowy stroll**



RYAN TAPLIN/METRO HALIFAX

Pedestrians walk down a snowy path in Victoria Park yesterday as snow fell, as it did for most of the day. Today's forecast calls for more snow this morning and then a mix of sun and cloud with a high of –1 C.

N.B. retains power

N.S. premier happy with changes to deal with Hydro-Quebec

PAUL MCLEOD
paul.mcleod@metronews.ca

Premier Darrell Dexter is happy New Brunswick is keeping control of its power lines, but there are questions about what effect, if any, this will have on Nova Scotia.

The New Brunswick Liberals yesterday, responding to a huge public backlash, announced they were altering the deal with Hydro-Quebec. New Brunswick will now retain control of its transmission lines and some other assets.

Dexter and Newfoundland and Labrador Premier Danny Williams had been worried Quebec would use New Brunswick's lines to ship power to New England, shutting out Atlantic Canada from the market.

"It's not what we gain, it's what we don't give up," Dexter said yesterday of the new deal.

"We wanted to be dealing with the government of New Brunswick, it's their province. Quebec has its own set of interests."

But Charles Cirtwill, president of the Atlantic Institute for Market Studies, said the new deal doesn't change much. Provinces have been and still will be able to bid on excess line capacity to New England.

"They had open access yesterday, they had it before the MOU was signed, they're going to have it today and they're going to have it on April 1," he said.

"So in terms of Danny and Darrell and the others, there's no big change for them. This isn't a huge victory from their perspective."

In fact, the new deal guarantees Quebec a certain amount of capacity, so there may be less for Nova Scotia and Newfoundland to bid on. But Cirtwill agrees New Brunswick is a much easier business partner.

"It's a lot easier for a province like Nova Scotia to negotiate with the folks in New Brunswick than it is to negotiate with a much larger, much more substantial province like Quebec, particularly when you look at Quebec's hardline negotiating history around this file," he said.

MORE COVERAGE, PAGE 6



"It's not what we gain, it's what we don't give up."
Premier Darrell Dexter

CUPE wins perks for rural health workers

PAUL MCLEOD
paul.mcleod@metronews.ca

AGREEMENT CUPE won parity and a lot of perks for its 4,000 rural health-care members in its new contract, Metro Halifax has learned.

If ratified, union members will receive a 2.9 per cent raise retroactive to April 1, 2009, along with one per cent raises this year and next year. The contract expires Oct. 31, 2011.

Licensed practical nurses get a further six per cent raise backdated to Sept. 1, 2009. Classifications paid equal to and above lab and radiology techs also jump 2.1 per cent.

These hikes pull CUPE in line with its Capital Health counterparts in Halifax. The union even won a clause guaranteeing wage parity if Capital Health gets new raises.

When the agreement ended a brief strike Monday, CUPE Nova Scotia president Danny Cavanagh said members will be "extremely pleased."

The union also lists 43 contract "improvements" such as severance increasing to three weeks per year of service from two, and employees on long-term disability getting paid 30 months of benefits up from 24.

While the government gave up a lot in the short term, it did manage to break the annual 2.9 per cent raise pattern in favour of its target of one per cent.

News on the Move

What's this barcode for?
Learn how to scan the barcode with the instructions at the top of pg 3

Vancouver Games

Countdown to 2010

Follow Metro as we bring you daily coverage leading up to the 2010 Winter Olympics in Vancouver. • Today — Unlike Cypress Mountain on Vancouver's North Shore, Whistler's Olympic venues are ready, page 11

On the web

Visit metronews.ca for news updates

Know Your Options

Everyone knows it can be risky to put all your eggs in one basket. Well-balanced retirement plans need options for growth potential as well as guarantees to protect your retirement income as long as you need it.

Don't risk your retirement. Talk to us about these options today.

Gordon Stirrett & Associates 492-1119 www.GordonStirrett.com

Paid in part by Manulife Investments

Manulife and the block design are registered service marks and trademarks of The Manufacturers Life Insurance Company (Manulife Financial) and are used by it and its affiliates including Manulife Financial Corporation.



Atlantic Free Daily Newspapers Inc., operating as Metro Halifax 3260 Barrington Street, Suite 102, Halifax, Nova Scotia B3K 0B5. Publisher: Greg Lutes



Nubody's WE KNOW FITNESS BEST! GoodLife FITNESS Presents

optimyz live

HEALTH, FITNESS & LIFESTYLE SHOW

SATURDAY AND SUNDAY, JANUARY 23RD AND 24TH

HALIFAX WORLD TRADE & CONVENTION CENTRE

SAT 10:00 AM - 6:00 PM ~ SUN 10:00 AM - 5:00 PM

We want to make you move at Optimyz Live

Atlantic Canada, largest health, fitness and lifestyle show. Featuring more than 60 booths of the top providers of health, fitness, and wellness products and services to help you fulfill your New Year's resolutions. With more than 50 speakers, presenters, and interactive demonstrations to help you light your inner fire!

Get Inspired. Get healthy! Taste the most nutritious food! Feel the energy! Enrich your soul! Make 2010 Your Best Year Ever!

Get the full schedule and see all the exhibitors at **OptimyzLive.com**!

SHOW EXHIBITORS

- Aerobics First
- Aerus Electrolux
- Alderney Chiropractic
- Atlantic Healing Hemp Inc.
- Atlantica Hotel
- Audiology Associates
- Balance Naturopathic Health Centre
- BioPed Foot Care Bedford
- Breathing Space Yoga Studio Inc.
- Bullfrog Power Inc.
- C100 (CHUM Radio Halifax)
- Canadian Cancer Society
- Canadian Diabetes Association - Team Diabetes
- DND - Army Recruiting
- Enviro Water Technologies
- FlyHalifax.com
- General Nutrition Inc. & Genuine Health
- Gentle Touch Skin & Laser Centre
- Glaceau Vitamin Water
- Ground Zero Climbing Gym
- Halifax Rainmen
- Hamachi Restaurants
- Interlude Spa
- I Run Like Girl
- LifeMark Health
- Joanne David Accessories
- Mary Kay Cosmetics
- Mobile Flu Clinic
- Molson Coors Canada
- Naturally Beautiful Body & Facial Enhancements
- New Balance
- Nova Scotia Physiotherapy Association
- Nubody's and Goodlife Fitness
- OptiMYz Inc.
- O'Regan's Infiniti Nissan
- Origin BioMed Inc.
- Orthotrends Inc.
- Patio Perfect Plus
- Pete's Frootique
- Pro Vision Training
- Quiznos
- Remote Access Technology
- Roach Chiropractic and Laser Centre
- Scotiabank
- Scotiabank Blue Nose Marathon
- Simply for Life
- Spartan Athletic Products Ltd.
- Spirit Spa
- Supplement King
- U Weight Loss Clinic
- Yoplait
- ZeBRA for Health

ZONE SPONSORS

FlyHalifax.com · GNC LiveWell · INFINITI · LifeMark Health · new balance

KEY SPONSORS

Scotiabank · spartan fitness · Pete's · BAT · U weight loss clinic · vitaminwater

MEDIA SPONSORS

C100 · metro Your FREE daily.

Special Sponsors: Aerobics First, Atlantica Hotel, BullFrog Power, Canadian Cancer Society, Gentle Touch, Genuine Health, GiveRaising, Molson Coors, Origin BioMed, Quiznos, Yoplait



Hali and friends from **Go Travel Flights** and **Optimyz Live** want to send four lucky winners to London, England this summer. Come to **Optimyz Live** this weekend and get your ballot to enter. You could be capturing the changing of the guard with Hali!

Visit Optimyz and FlyHalifax.com Booths for full details.

No purchase necessary. Some restrictions apply.

optimyz live

GO TRAVEL FLIGHTS.COM

TICKETS ON SALE AT THE DOOR OR AT ALL TICKET ATLANTIC LOCATIONS $10.00 PLUS HST ~ FOR MORE INFORMATION VISIT **WWW.OPTIMYZLIVE.COM**

News on the Move IN THREE EASY STEPS

1 DOWNLOAD THE **FREE** SCANLIFE APPLICATION WITH YOUR SMARTPHONE AT 2DSCAN.COM

2 USE THE SCANLIFE APPLICATION ON YOUR SMARTPHONE TO SCAN 2D BARCODES IN METRO

3 THE CODES WILL DIRECT YOUR MOBILE BROWSER TO RELEVANT CONTENT AT M.METRONEWS.CA

ScanLife

Local

Charlottetown to host ECMAs

The 2011 East Coast Music Awards and the associated festival and conference will be staged in Charlottetown. The East Coast Music Association announced yesterday the events in the Prince Edward Island capital will run March 24-27. Showcases and other events will be held at a number of downtown locations. The awards show will be held at the Charlottetown Civic Centre. This year's ECMAs are being held in Sydney from March 4-7. METRO HALIFAX

m.metronews.ca

Scan this barcode for more Local news on your smartphone.
Learn how to scan the barcode with the instructions at the top of this page

News in brief

INJURIES A man in a wheelchair was hit by a car while at a crosswalk Tuesday night at Tacoma Drive and Hartlen Street in Dartmouth. The man suffered minor injuries, and Halifax Regional Police say his wheelchair was damaged. The driver was issued two summary offence tickets, one for failing to yield to a pedestrian in a crosswalk and another for driving a motor vehicle without a motor vehicle liability policy.

THEFT Police arrested a 16-year-old Tuesday night in relation to a robbery last month. Halifax Regional Police say a 23-year-old male walking on 1600 block of Larch Street in Halifax Dec. 9 was assaulted by three males who hit him on the head, knocking him to the ground. The youth was to appear in youth court yesterday to face charges of robbery and breach of condition. Police are still seeking two other youths. METRO HALIFAX

SKIING Ski Cape Smokey, a once popular ski hill in northern Cape Breton that has been closed for a number of years, plans to reopen a number of its downhill runs providing there is enough natural snow. Chairman Larry Dauphinee said while the Ski Cape Smokey Society tries to line up a private sector buyer for the ski hill facility, which is partly owned by the Nova Scotia government, local volunteers have been working to reopen several runs in a few weeks time. CAPE BRETON POST

metronews.ca
WHAT'S ONLINE TODAY

Video Haitian-born Montreal police officers return to their home country to join the relief effort at **metronews.ca/canada**

Blogs Among the criticism of the world's response in Haiti, Spin-doctor also sees plenty that has been done well.



Lotteries

Lotto 6/49: 13, 17, 25, 40, 45 & 47. Bonus 42
These results are not official.

ADVERTISE TODAY!
1 888 91 metro (63876)

Oyez, oyez! City seeks town crier

New 'face of Halifax' will need a big heart, even bigger lungs

MONIQUE MUISE
monique.muise@metronews.ca

Got a friendly disposition, a crown of feathers in your cap, and a healthy set of pipes? The Halifax Regional Municipality may soon be looking to recruit you as its official town crier.

During Tuesday's regional council meeting, several councillors said it's time to start searching for a suitable candidate to be the bell-toting "face of Halifax," both down on the waterfront and at major festivals and events throughout the municipality.

"It's an important aspect of the city," said Coun. Jerry Blumenthal. "It's a good tradition to have."

The downtown has been without a bellowing bellman since 2008, when Dartmouth resident Peter Cox retired from the position after 35 years.

He died just one year later in March 2009 after a short battle with cancer, and his official tricorn hat and bell have been gathering dust in storage ever since.

Cox operated on an annual honorarium of $5,000 from the municipality, but Blumenthal said he hopes HRM can partner up with Destination Halifax to offer the new town crier a salaried position. Council has yet to officially debate such a proposal.

"We spend money on lots of things, but it's more important to spend money on something that will be good for Halifax," Blumenthal said. "We'll keep pushing."

Cox's nephew, Paul Kent, said his uncle was a larger-than-life personality who will be difficult to replace.

"We were pretty proud of what he did," said Kent, who currently serves as president and CEO of the Greater Halifax Partnership. "There wasn't a lot of money in it for him, but he was so personally motivated by the role … he was unique."

Kent said he hopes council will seriously consider continuing the tradition his uncle worked so hard to preserve.

"For a city with a lengthy history like we have, and considering the kinds of ways we host visitors, it's a novel and interesting (attraction)," he said. "It's something visitors would remember."

"There wasn't a lot of money in it for him, but he was so personally motivated by the role."
Paul Kent, nephew of Peter Cox, HRM's previous town crier



Former HRM town crier Peter Cox, who passed away last year, rings his bell at a town crier competition at Kinsmen Park in Lower Sackville in this file photo from 2005. HRM is discussing the possibility of hiring a new town crier for Halifax.

Sex offender missing from halfway house

PHILIP CROUCHER
philip.croucher@metronews.ca

Police are on the lookout for a convicted sex offender who hasn't returned to a Halifax halfway house.

Joseph Jacko Obed was staying at a local halfway house, but last Monday Halifax Regional Police say he signed out and didn't return, resulting in a warrant being issued for his arrest.

Police say despite their best efforts, they haven't located Obed, who most recently has been serving a two-year federal term for four break and enters in HRM dating back to 2008, and for failing to adhere to the rules of the national sex offender registry.

He also has various other previous convictions, including several for sexual assault, none of which are believed to have taken place in Nova Scotia.



Joseph Jacko Obed

Obed was released from prison last September and put in a halfway house in Halifax as part of the Canadian government's statutory release program that requires federally sentenced offenders — except those serving life — to serve the final third of a sentence in a community under supervision and conditions similar to full parole.

"We have no information to suggest he's left the area," Halifax Regional Police spokesman Brian Palmeter said of Obed, who is originally from Newfoundland and Labrador and is deemed a high risk to reoffend by police. "All of our involvement has been with property crimes, however that's not to say he hasn't been involved in other things in other jurisdictions."

According to records from the National Parole Board issued last June, Obed has been in jail seven different times — including four times federally.

Also, despite completing both a sex offender program and substance abuse treatment, he "has repeatedly abused substances, especially alcohol, and (has) reoffended in a sexual manner following these interventions."

The parole board also deemed his reintegration potential to be low.

Mayors of major cities to meet up this week

CAUCUS Mayors of major cities across Canada will be putting their heads together this week to figure out how they can help Canada bounce back from a difficult economic year.

HRM Mayor Peter Kelly will be among the delegates gathered in Ottawa this week for the annual Big City Mayors' Caucus.

The meeting is designed to bring the municipal leaders together to talk about areas of common concern and "to present a strong, united voice on important municipal priorities," said a release issued yesterday.

This year, the mayors are expected to focus on getting the federal government to continue to invest in urban infrastructure and green initiatives.

"HRM and cities across the country have shown that municipalities, with an appropriate level of support, can be innovative leaders in addressing climate change," Kelly said in the release.

"When we invest in communities, we invest in Canada." METRO HALIFAX

Provincial tally in fight against H1N1 outbreak tops $12.3M

HEALTH The battle against H1N1 in Nova Scotia hasn't been cheap.

According to figures from the province's Health Promotion and Protection Department, as of Jan. 13 the government has spent $12,386,417 on the outbreak.

One of the biggest costs has been the H1N1 vaccine — at just less than $3 million. The figure represents Nova Scotia's 40 per cent share of the cost the province is sharing with the federal government.

Other significant costs include $5.2 million for ventilators, $1.44 million for supplies needed for the immunization programs and $1 million for masks.

The province reportedly estimated it would spend about $20 million on H1N1. METRO HALIFAX

No new cases

- There have been no new cases of H1N1 reported since last month.

Halifax cop hurt after being hit by truck at crosswalk

CRASH A Halifax Regional Police officer suffered minor injuries after he was struck in a crosswalk by a truck yesterday morning at Spring Garden Road and Queen Street.

Police say the officer was on routine patrol and was crossing the street at the intersection when he was struck by the truck.

"He had to jump and turn to avoid being hit fully by the truck," said Staff Sgt. Barb Saunders, adding he was struck in the hip.

"He had to jump and turn to avoid being hit fully by the truck."
Staff Sgt. Barb Saunders

The officer was checked out at hospital and was released and returned to duty.

The driver of the truck was issued a summary ticket for a crosswalk violation. THE CANADIAN PRESS

Courage To Give Back celebrates award winners

The fourth annual Courage To Give Back Awards hosted by HRM-based Family SOS takes place tonight at the Cunard Centre. The event includes keynote speaker Wadih M. Fares, who is the awards ambassador, with the award recipients being Verna Dowe, Bryden Hill, Bethany Moore and Lucas Kreft. METRO HALIFAX

Sexy Laundry brings bedroom to stage

'It's not tasteless. Hopefully, it's funny and true,' says play's director

JON TATTRIE
for Metro Halifax

Neptune Theatre is airing its Sexy Laundry with a marriage comedy that borders on tragedy.

Alice (Sherry Smith) and Henry (William Vickers) have been married for 25 years, but that might be the end of it if something doesn't re-spark the flames in their marital oven.

"It had been a happy marriage, but it's in a rut," Smith explains about Neptune's latest production, which premieres tomorrow night.

The children have grown, but Alice worries her marriage hasn't. "She wants to try to reignite it to see what's there."

So Alice buys a copy of Sex for Dummies and books a dirty weekend with Henry. Henry, who recently compared their marriage to an old recliner, is not turned on by the swank hotel, nor by the blindfolds and role playing. He likes comfortable.

"Alice isn't ready to slow down and become a couch potato," Smith says of her character.

When they were married, they were young, beautiful — and childless. "They're missing that," Smith says. "(The play's) not just for married couples or people in a relationship. It's for people who are in a place in their life where they feel that it's stale. It's that longing to want to bump it up; this can't be all that's left."

Vancouver playwright Michele Riml's story takes the couple to the brink of a breakup, but Smith won't say whether they leave the hotel together. She does, however, hope couples in the audience will leave together. "One hope is that people will go home and have mad, passionate sex all night," she proclaims.

Director Marcia Kash admits staging a dirty weekend in a family theatre poses challenges.

"It's not tasteless. Hopefully, it's funny and true," she says.

Play's the thing

- Sexy Laundry runs from Friday to Feb. 14. Get your tickets at neptunetheatre.com or 429-7070.



JON TATTRIE/FOR METRO HALIFAX

Sherry Smith and William Vickers star in Neptune Theatre's newest production Sexy Laundry. The play premieres tomorrow night.

News in brief

MARIJUANA BUST The RCMP have seized 258 marijuana plants from a residence near Enfield. The Mounties from detachments in Enfield and Lower Sackville said arrests are pending from the raid yesterday morning on the Old Guysborough Road. The RCMP described the grow-op as "fairly sophisticated." They said 58 of the 258 plants were fully matured.

THE CANADIAN PRESS



Housing co-op gets makeover

PAUL MCLEOD
paul.mcleod@metronews.ca

FUNDING The North End United Housing Co-operative will see renovations and retrofits to its 131 affordable housing units through a $3.1 million program split by the provincial and federal governments.

Repairs will target roofs, windows and other areas to make them more sustainable and durable.

The money comes from a $128 million joint poverty reduction fund announced last year.

"It'll be there for years and years to come. So really it's good, solid affordable housing for the next generation, but also jobs for the current generation because that provides a lot of jobs for different contractors across Halifax and through Nova Scotia," said Cumberland-Colchester-Musquodoboit MP Scott Armstrong.

Homelessness advocate Wayne MacNaughton said he was happy with the announcement, but it's just a drop in the bucket compared to the growing need for affordable housing.

"It seems to be taking quite a long time for them to roll out that $128 million," he said.



Wayne MacNaughton

"So I'm glad to see they're doing some of that today, but when are they going to be taking care of the rest.

"We could be building a lot more units in HRM, for example, or beyond. From one end of the province to the other we've seen all kinds of problems ... there's a huge need and the need is growing."

Provincial Community Services Minister Denise Peterson-Rafuse said that $60 million of the fund has been spent so far on housing projects in areas including Halifax, Port Hawkesbury, Middleton and Amherst.

Tax equity to keep drivers in N.S.: Poll

SURVEY Amherst residents appear to favour reducing taxes as the best way of stopping the flow of motorists across the border to New Brunswick to purchase gasoline.

A survey, conducted last week by the Amherst and Area Chamber of Commerce, shows 77 per cent of 148 respondents believe a lower price through tax equity is the best way to encourage residents to buy fuel locally.

The unscientific survey, done through the survey monkey website, indicated 83.7 per cent of those surveyed do cross the border to purchase their fuel and found 80 per cent of those who go to New Brunswick to shop also purchase fuel there. Another nine per cent said they purchase gas occasionally while nine per cent said they don't.

The Nova Scotia Utility and Review Board is holding public hearings here on Jan. 27 regarding the Petroleum Products Pricing Regulations and the viability of markets affected by their proximity to the provincial border. AMHERST DAILY NEWS

Industrial accident sends man to hospital

INJURY A man was taken to hospital with a head injury after a medal stud fell on him yesterday during an industrial accident in the Burnside Industrial Park.

Halifax Regional Police say at just after 9:30 a.m., the employee at the electrical equipment and supply wholesaler Harris & Roome, which is located at 260 Brownlow Ave., was working in the warehouse and piling medal studs.

One of the studs ended up falling and striking the victim in the head, causing him to be cut.

He was taken to the QEII Health Sciences Centre with non-life threatening injuries. METRO HALIFAX

ShareYourViews
halifaxletters@metronews.ca

Port Hawkesbury to add new Mountie
Port Hawkesbury council has unanimously agreed to hire an additional officer for the town's five-person RCMP detachment. Mayor Billy Joe MacLean said the decision Monday paves the way for a new officer to join the detachment starting April 1. **CAPE BRETON POST**


RYAN TAPLIN/METRO HALIFAX

Ashiqur Rahman is escorted from a courtroom at Halifax provincial court in this photo from December. Rahman and his partner, Jane Gomes, are charged with aggravated assault in the death of their infant daughter. Their pre-trial conference was postponed until Jan. 27.

Baby assault case pushed back again

MONIQUE MUISE
monique.muise@metronews.ca

The court case of a young Halifax couple accused of seriously injuring their infant daughter has been delayed yet again.

Jane Gomes and Ashiqur Rahman were originally scheduled to appear in Halifax provincial court yesterday morning for a pre-trial conference, but their defence attorneys asked that it be postponed until Jan. 27.

Gomes and Rahman, both originally from Bangladesh, were arrested in Halifax July 23 after their seven-week-old daughter, Aurora Breakthrough, was sent to the IWK Health Centre with serious injuries. She died four days later.

Her parents are each facing one count of aggravated assault.

The case has been postponed several times. A medical examiner's report was scheduled to be completed earlier this month, and Crown prosecutor Denise Smith has maintained throughout the proceedings that the charges against the couple could change based on the examiner's findings.

If the charges are upgraded, the couple will most likely be tried separately.

Province seeks public input on 511 system

HIGHWAYS The province wants your opinion on how to improve its 511 system, which allows travellers to learn weather and road conditions before driving on Nova Scotia highways.

The 511 system provides bilingual road information to anyone with a telephone, Internet or mobile device. By entering any highway number along a route, travellers receive up-to-date information on that stretch of road.

The province has put together an online survey about the system (511.gov.ns.ca/map) and is asking for the public to participate.

"Nova Scotia was the first province to set up a 511 system" Transportation and Infrastructure Renewal Minister Bill Estabrooks said in a release. "Now we're asking drivers to let us know how the system works for them and if we need to make adjustments."

The system has proven popular since its inception. Last January, it was used by 135,365 travellers.

During poor weather conditions, the 511 system is updated three times daily or as road conditions change. **CLAIRE MILLER/ FOR METRO HALIFAX**

Harper's visit to Truro for funding announcement confirmed

FEDS A Nova Scotia mayor confirmed Prime Minister Stephen Harper is travelling to central Nova Scotia today to announce funding for a new $50-million multi-purpose arena complex.

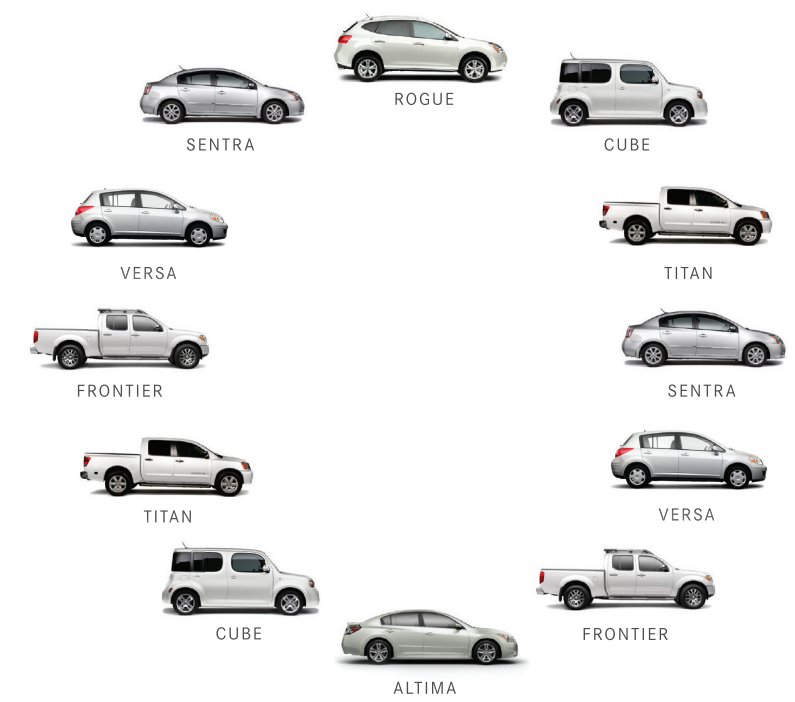
Harper is scheduled for an announcement at a Truro hotel with Defence Minister Peter MacKay, Premier Darrell Dexter, local MP Scott Armstrong and Truro Mayor Bill Mills.

Bob Taylor, the mayor of Colchester County, said the announcement will regard federal funding for the Central Nova Scotia Regional Civic Centre Project.

Colchester County council has voted in favour of a $14.4-million capital contribution to the project, while Truro has committed to contribute $9.6 million.

The proposed civic centre is to be located on land bordering the town of Truro, Colchester County and the Millbrook First Nation. **THE CANADIAN PRESS**

NISSAN



0 % FINANCING
0 MONEY DOWN
0 SMOKE & MIRRORS

Straight up, professional, second-to-none customer service with outstanding vehicles at prices much lower than you'd expect!

Canada's 50 Best Managed Companies
O'REGAN'S DRIVING HIGHER STANDARDS
NISSAN HALIFAX DARTMOUTH

HALIFAX - 3461 KEMPT ROAD • 902-453-2020
DARTMOUTH - 60 BAKER DRIVE, UNIT C • 902-469-8484
WWW.OREGANSNISSAN.COM

OAC. See dealer for details.

Quebec couple shot in Mexico recovering

A Quebec couple is recovering in hospital after being shot during a robbery attempt in Mexico, CBC News Online reports. The couple, who were staying in the Pacific resort town of Ixtapa north of Acapulco, were cycling outside the hotel zone Tuesday when armed men tried to rob them, police said. THE CANADIAN PRESS

Canada



Ontario's top cop served summons

Ontario's top police officer has been served with a summons over an allegation he influenced or attempted to influence municipal officials. Ontario Provincial Police Commissioner Julian Fantino, left, confirmed that he received a summons yesterday and says he intends to vigorously defend himself. Activist Gary McHale alleges that the commissioner sent an email in 2007 telling the mayor and councillors in Caledonia, Ont., not to attend McHale's rallies. THE CANADIAN PRESS

Feds to speed up Haitian adoptions

But immigration restrictions to remain

Haiti Crisis

Canada will speed some adoptions of Haitian children following last week's disastrous earthquake, but it won't loosen immigration restrictions to accommodate others escaping the chaos.

Officials will expedite adoptions that were already underway and had received preliminary approvals before the magnitude-7.0 quake struck Jan. 12, Immigration Minister Jason Kenney said yesterday.

The federal government has tapped provincial authorities for lists of Haitian adoptions and it is consulting Haitian authorities on "fast-tracking" their foreign-adoption approval process, Kenney said.

About 100 adoption cases had been identified and all prospective parents were to be contacted by noon yesterday.

Once the Haitian government confirms the status of individual cases, Kenney said he's directed his officials to issue temporary resident permits — "an extraordinary measure" — to allow qualified Haitian children to enter Canada as quickly as possible.

"Regular processing fees will be waived and the federal government will cover health costs until they can be covered under provincial programs," Kenney said.

Ottawa is sending additional staff to Port-au-Prince to help with adoption cases and other immigration files, and it has set up an office in the neighbouring Dominican Republic.

"We are working urgently with the provinces to identify all of the relevant adoption cases that we can act on," Kenney said.

THE CANADIAN PRESS

Toronto **Protesters rally against prorogation**



CHRIS YOUNG/THE CANADIAN PRESS

Protesters demonstrating against the prorogation of Parliament gather outside the building where Prime Minister Stephen Harper attended a roundtable meeting in Toronto yesterday.

Haitian-born cops head home

Haiti Crisis

MONTREAL A contingent of Haitian-born Montreal police officers is hitting the streets in quake-ravaged Port-au-Prince armed only with an unshakeable will to do whatever they can to help.

The group, which arrived yesterday, isn't wearing their uniforms or carrying their sidearms because their presence as police officers hasn't been formally requested by the United Nations, which is co-ordinating relief efforts.

The officers, accompanied by Montreal police Chief Yvan Delorme, are part of a group of 100 people travelling on a humanitarian mission to the Caribbean country where an estimated 200,000 people were killed by a massive earthquake last week.

Most of the 18 officers are Haitian-born and some haven't yet heard what happened to their own families. But Delorme said the group is well connected in that country and hoping to make an impact in any way possible.

Delorme, who is not Haitian but who has visited the country, is leading the mission code-named Koudmen — Creole for helping hand.

THE CANADIAN PRESS

m.metronews.ca

SCANLIFE

While he's got plenty of love for Canada, turns out UFC champ Brock Lesnar is no fan of our health care. Scan this code for the story.

Criticism of NB Power deal prompts changes

UTILITIES Premier Shawn Graham says the New Brunswick government's decision to renegotiate its agreement to sell NB Power to Hydro-Quebec shows his government has listened to the criticism from the public and others in New Brunswick who opposed the sale of the public utility.

Under the deal, NB Power would continue to operate as a New Brunswick-owned and operated Crown corporation, employing more than 60 per cent of the utility's current workforce.

THE CANADIAN PRESS



Coalition teams are in place, working around the clock, helping to restore the lives of countless suffering children and families as the situation in Haiti reaches epic proportions. As many as 3 million Haitians require immediate and long term help.

The Humanitarian Coalition members have been in Haiti for decades and will continue to stay until lives are restored. But we can't do it alone.

YOUR SUPPORT IS URGENTLY NEEDED. PLEASE GIVE NOW!

Your gift today will be matched by the Canadian government to rush life-saving water, temporary shelter systems and essential medical supplies and restore lives in the future.

THE HUMANITARIAN COALITION: TOGETHER – SAVING MORE LIVES.

care Oxfam Canada Oxfam Québec Save the Children Aide à l'enfance Canada

CRISIS ALERT:

Please respond now at www.humanitariancoalition.ca 1-800-464-9154

SUPER LIMITED SPECIAL

Spain Seaside Package

starting at $1,390 + taxes, per person, based on double occupancy

2 weeks in 1 bedroom apartment package includes:

- Roundtrip air Halifax to Malaga
- Airport transfers
- One day Countryside excursion

One week packages also available!

SUPER LIMITED SPECIAL

Montreal Hockey Night Package

from $899 + taxes, per person

Includes: Return airfare, 2 nights accommodations at the Fairmont Queen Elizabeth, and lower level game tickets.

Toronto or Ottawa Game Packages also available!

Call us today! 902-455-0034
TOLL FREE: 1-866-322-6538
3200 Kempt Road • absolutetravelspecialists.com

Absolute TRAVEL SPECIALISTS LIMITED

Irish bishops summoned to Vatican 7

Ireland's Roman Catholic bishops are being summoned next month to a Vatican summit with Pope Benedict XVI to shape the pontiff's response to child-abuse scandals. THE ASSOCIATED PRESS

World



JAE C. HONG/THE ASSOCIATED PRESS

People try to stay in line to get disaster relief supplies at U.S. Army 82nd Airborne Division's base in Port-au-Prince yesterday.

Aftershock rocks Haiti

Haiti Crisis

A powerful aftershock sent Haitians screaming into the streets yesterday, collapsing buildings, cracking roads and adding to the trauma of a nation stunned by an apocalyptic quake eight days ago.

The magnitude-5.9 jolt matched the strongest of the aftershocks that have followed the huge quake of Jan. 12 that devastated Haiti's capital of Port-au-Prince.

The new temblor collapsed seven buildings in Petit-Goave, the seaside town closest to the epicentre, according to Mike Morton of the UN Disaster Assessment and Coordination agency, but there were no reports of people crushed or trapped, perhaps because the earlier quake frightened most people into sleeping outside.

Wails of terror erupted in Port-au-Prince, where the aftershock briefly interrupted rescue efforts amid the broken concrete of collapsed buildings, and prompted doctors and patients to flee the University Hospital.

Hundreds of thousands of Haitians remain homeless, hungry and in mourning — most still waiting for the benefits of a nearly $1 billion US global aid campaign that has brought hundreds of doctors and thousands of troops to the impoverished Caribbean nation.

The U.S. Navy's floating hospital, USNS Comfort, dropped anchor in view of the capital yesterday with about 550 medical staff, joining teams from about 30 other countries trying to treat the injured. About 250,000 people were hurt in the quake and aid groups say many people have died for lack of medical care or adequate equipment.

THE ASSOCIATED PRESS

Tax deductions

- The U.S. House of Representatives has passed a bill allowing for faster tax breaks for U.S. donors to Haiti earthquake relief efforts. Under current law, donors would have to wait until they file their 2010 returns next year to take the deductions.

News in brief

CHINA A leading human rights group said yesterday that China openly harasses, targets and arbitrarily detains critics, disbars lawyers to silence complaints and detains petitioners in secret jails. Along with criticism of China, Human Rights Watch also said Western governments have gone soft on efforts to hold Beijing accountable for its record. THE ASSOCIATED PRESS

m.metronews.ca

SCANLIFE

Tension over blacklists and long memories are roiling Iraqi politics, and the U.S. is dispatching Joe Biden to help. Scan this code for the story.

Democrats licking wounds

MASSACHUSETTS Chastened by the Democratic Senate loss in the state of Massachusetts, U.S. President Barack Obama and congressional allies signalled yesterday they will try to scale back his sweeping health care overhaul in an effort to at least keep parts of it alive.

A simpler, less ambitious bill emerged as an alternative only hours after the loss of the party's crucial 60th Senate seat forced the Democrats to slow their all-out drive to pass Obama's top domestic priority and reconsider all options.

The 60-vote Senate Democratic majority is needed to overcome Republican procedural obstacles aimed at defeating the legislation.

No decisions have been made, lawmakers said, but they laid out a new approach that could still include these provisions: limiting the ability of insurance companies to deny coverage to people with medical problems, allowing young adults to stay on their parents' policies, helping small businesses and low-income people pay insurance premiums and changing government health care for the elderly to encourage payment for quality care instead of sheer volume of services.

THE ASSOCIATED PRESS

Comwave Knocks out the Competition with GUARANTEED Lowest Rates FOR LIFE!

If you EVER Find a Lower Rate Simply Call us and we'll Beat it... Guaranteed!

CUBA 85 ¢/min | INDIA 2.9 ¢/min | PAKISTAN 5.9 ¢/min | PHILIPPINES 11.9 ¢/min

Afghanistan..24.9 ¢	Kuwait.....6.9 ¢	Honduras.....15.9 ¢
Bangladesh from....3.9 ¢	Lebanon 9.9 ¢	Iraq...from.....4.9 ¢
Barbados..... 9.9 ¢	Libya.....24.9 ¢	Israel.....2.9 ¢
Chile..... 2.9 ¢	Nepal...from.....7.9 ¢	Italy.....2.9 ¢
China..... 2.9 ¢	Oman..... 14.9 ¢	Russia...from..... 2.9 ¢
Ecuador.....12.9 ¢	Fiji..... 24.9 ¢	Saudi Arabia from..... 3.9 ¢
El Salvador. 9.9 ¢	Ghana.....9.9 ¢	South Korea.... 2.9 ¢
Jamaica..... 8.9 ¢	Greece.....2.9 ¢	Sri Lanka.....11.9 ¢
Jordan.....3.9 ¢	Guatemala.....10.9 ¢	Trinidad..... 4.9 ¢
Kenya from..... .6.9 ¢	Guyana.....27.9 ¢	U.A.E.....16.9 ¢

If the Country you call is not listed, call now and we'll beat the rate you are currently paying.

Make Long Distance and Overseas Calls Right From your CELL PHONE! (at our GUARANTEED Lowest Rates!)



Limited Time Offer!

UNLIMITED Calling to Anywhere in CANADA

$5 /month

1-866-519-8090

comwave

www.comwave.ca

While Comwave strives for accuracy in our advertising, Comwave reserves the right to correct any error in pricing or information at any time. LONG DISTANCE: Comwave will not rate match against charity or internet services, bundled minute plans or prepaid calling cards due to their inaccurate billing criteria. 2.9 Cents per minute to India is based on a monthly plan of $10/month for 335 minutes. Unused minutes do not roll over to the following month. Rate Guarantee is based on competitors lowest advertised rate for like services. Plan is based on a 1 yr term where early cancellation fees apply. There is a 30 day satisfaction period where you may cancel at any time. Unlimited Canada plan does not include calls to the Yukon, Nunavut or N.W.T. The Comwave Global Bundle does not include calls to overseas mobile phones. Calls to Argentina on this bundle are to Buenos Aires. Calls to Brazil on this bundle are to Rio De Janeiro and Sao Paolo. Calls to Overseas Mobile Phones may be billed at a higher rate.

HALIFAX
Publisher, Greg Lutes
Managing Editor, Philip Croucher
Sales Manager, Dianne Curran
Distribution Manager, April Doucette

METRO CANADA
Group Publisher, Bill McDonald
Editor-in-Chief, Charlotte Empey
Assoc Managing Editor, Tarin Elbert
Enter/Lifestyle Editor, Dean Lisk
Asst Managing Editor, Amber Shortt
Art Director, Laila Hakim
National Sales Director, Peter Bartrem
Interactive/Mrktng Director, Jodi Brown

Comment & Views

EDITOR: MIKE.DEREZYCKY@METRONEWS.CA

METRO CANADA: TORONTO | OTTAWA | MONTREAL | HALIFAX | EDMONTON | CALGARY | VANCOUVER

Comment

Marriage – main cause of divorce

Relating



Is marriage good for you? The research continues. In San Francisco, the U.S. federal court hearing on California's Proposition 8, which prohibits same-sex marriage in the state, has heard expert testimony that significant health benefits accrue to married people relative to singletons, and the ban is putting gay people at greater risk of depression, suicide and substance abuse.

An economist also outlined the fiscal benefits for the cash-strapped state of letting gay couples marry, including increased consumer spending, school funding and tax revenue.

Meanwhile, a new analysis of U.S. census data by the Pew Research Center claims marriage is an excellent economic deal for men, whose income outstrips those who don't marry.

This is a change from 40 years ago, when a stigma, and vastly inferior salaries, greeted working wives. So married men typically took a financial hit relative to bachelors. Now, women have more education and make more money, often more money than the mister. What's in it for women now? Good question.

Some married people, I find, sell the joys of conjugality a little too hard, encouraging any couples who have been dating longer than a year to follow them to Hitchville post haste.

And then there are those who have taken an interest in the institution in general, like the Institute of Marriage and the Family Canada, which decried a recent "Divorce Fair" in Halifax, an event that put prospective splitters in touch with lawyers, life coaches and other professionals.

Institute spokesperson Andrea Mrozek lamented the haste with which couples now contemplate divorce instead of sticking it out, and accused the divorce fair of "capitalizing on moments of difficulty or despair in people's lives."

Personally, I don't knock marriage, but neither am I likely to try it. While it seems to work swimmingly for some people, contribute to healthier, happier lives and all that, it remains the leading cause of divorce.

Steve Collins offers his best guesses on relationships for Metro every two weeks.

Views

Sizing up fashion's plus-size model obsession

FourthWave



Fashion is a contentious cultural beast to wrestle with — its idealizing of the female shape is the source of disordered eating and insecurity, but it's an economic powerhouse that is dominated by women as well. It's difficult for me to reconcile fashion's simultaneously destructive and creative capacity.

So it piqued my interest when I saw photos from V Magazine's "Size Issue," which hit stands last week.

The whole issue sounds a lot like an after-school special: We love you — you average woman that measures size 12 — even with your lumps, bumps, creases and cellulite. Perhaps, however, what the rest of us need is not a condescending pat on the head in a solitary magazine issue, but some acknowledgement the fashion world is out of step with reality, and perhaps an act of contrition by changing that.

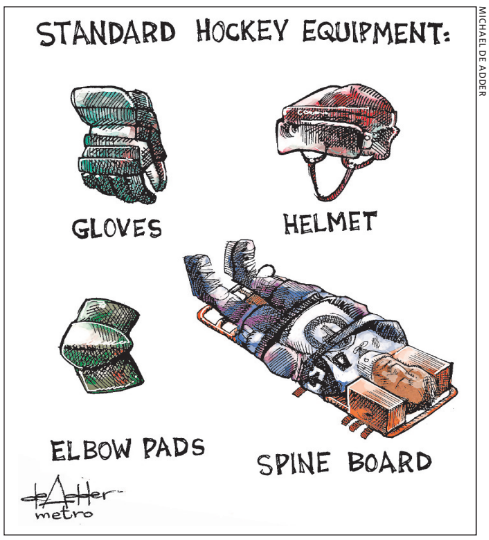
Rightly or wrongly, magazines and designers influence women's psyches and sartorial choices — and as the saying goes, with power comes responsibility. Size 0 models shouldn't be mandated to pack on the pounds, but they should reflect the breadth of our hips, butts and breasts.

The fashion industry does itself a disservice by not reflecting a range of body types — in fact, a 2006 British study found that average-sized models were just as effective at selling products as their skinny counterparts.

Are these inclusive gestures as token as the models they choose? And why bother integrating them into the fashion world if all they're going to do is highlight how different they are?

As long as "plus-size" models are ghettoized in a special "Size Issue" and made an exception to the rule, the fashion industry and the women who follow it will never get over their complex of seeing fat as an aberration.

Canice Leung is a former editor of Ryerson University feminist magazine McClung's, copy editor at Metro, ardent feminist and loudmouth.



MICHAEL DE ADDER

Tell us your views by email to halifaxletters@metronews.ca or comment on metronews.ca or on Twitter @metrohalifax
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

METRO Halifax 3260 Barrington Street, Suite 102, Halifax, NS B3K 0B5; Tel: 902-444-4444; Fax: 902-422-5610; Advertising: 902-421-5824 • adinfohalifax@metronews.ca; halifax_distribution@metronews.ca; News: philip.croucher@metronews.ca

Make a change in your life and the lives of people living with diabetes.

WALK OR RUN with TEAM DIABETES

10 YEARS TEAM DIABETES CANADA
Canadian Diabetes Association



Walk or run at various exciting Canadian and international locations. Team Diabetes prepares you for the physical challenge and helps you achieve your fundraising and training goals.

Join us at the Blue Nose Marathon. Travel with us to Dublin, Ireland or Rome, Italy.

Reserve your spot! Contact Tom at 902-453-4232 ext. 3241 or tom.sullivan@diabetes.ca today!

BioPed ORTHOTICS, FOOTWEAR & PEDORTHIC CARE
metro

Buffett to keep stake in Kraft
Warren Buffett says he still doesn't approve of Kraft's $19.5-billion acquisition of Cadbury, but he doesn't plan to sell his stake in the company. Buffett's Berkshire Hathaway is Kraft's largest stockholder and he has been vocal in his belief that Kraft overpaid for the European chocolate and gum maker. METRO NEWS SERVICES

Business

DOLLAR	GAS	OIL	TSX
US 95.51¢	US $5.49	US $77.62	11,679.32
US 1.51¢	US 6.1¢	US 1.40¢	84.11

EDITOR: FERMIN.DESOUZA@METRONEWS.CA

Next-gen marketing of yourself

Job seekers, entrepreneurs, real estate agents, lonely singles: The market for Catharine Fennell's business, in her view, is unlimited.

Fennell's company, The Original VideoBIO Inc., is in the business of making low-cost high quality video for people who want to communicate their brand in a professional manner.

Sure, anyone can upload a video to YouTube.

But with VideoBIO, Fennell says, clients get a professionally shot and scripted three-minute video that can be hosted on her website, www.videobio.com, or embedded in the clients' online resume, dating profile, website and emails.


Catharine Fennell, president and CEO of VideoBIO

"I would say any video production company can produce any kind of video," Fennell said in an interview. "But nobody's doing them the way we are.

"We're selling a concept that allows people to plug their personal message into a video medium that wasn't accessible or affordable before," she said. The basic price, she adds, is $299. Now, Fennell's company has added authors to its list of clients. The Toronto-based company has signed a deal with book publisher Harper Collins Canada to produce video bios to go with their author releases this year.

Fennell is operating out of studios in Toronto and New York. But she has plans to roll out more locations across North America, she says.

TORSTAR NEWS SERVICE

m.metronews.ca
SCANLIFE
From protests to proposals, the Olympic torch relay has been surprising, and sponsors have reaped publicity. Scan this code for the story.

Business in brief

INFLATION Canadian inflation remained tame in December, taking the steam out of the loonie's recent surge and giving the Bank of Canada even less reason to move off historically low interest rates.

NEWSPAPER The New York Times says it will charge readers for full access to its website starting in 2011, a risky move aimed at drawing more revenue online without driving away advertisers.

METRO NEWS SERVICES



Pistons owner exploring sale of club

Detroit Pistons owner Karen Davidson says the option of selling the NBA franchise is being explored. Forbes valued the Pistons at $479 million US last month. THE ASSOCIATED PRESS

Sports



Kobe's jersey still top seller

Kobe Bryant, left, has retained his spot atop the list of the NBA's bestselling jerseys, while young stars Dwight Howard and Derrick Rose moved into the top five. Howard vaulted to No. 3 from No. 10 behind LeBron James. Rose, last season's rookie of the year, climbed to fourth from No. 11. Dwyane Wade was fifth. The list is based on sales at the NBA Store and nbastore.com since the start of the season. THE ASSOCIATED PRESS

EDITOR: DON.MCHOULL@METRONEWS.CA

Colts don't plan repeat of last game against Jets

NFL PREVIEW

Jets at Colts

Peyton Manning is on a simple mission this week: Strike fast, stay on the field and take the Colts back to Miami.

The four-time MVP and his Colts teammates can't wait for the journey to begin.

Nearly a month after then-undefeated Indianapolis set off a national firestorm by yanking its starters early against the New York Jets, Manning & Co. will get another chance at them in this weekend's AFC championship game — even if nobody lets them forget what happened the first time.

"Do you expect to play all four quarters this week?" Manning was asked jokingly before he could even settle in at the podium yesterday.

"I do, yeah," Manning deadpanned, drawing laughter.

But in Indianapolis, this is no laughing matter.

Furious fans deluged local radio talk shows following Indy's 29-15 loss in Week 16, and fans weren't the only ones upset.

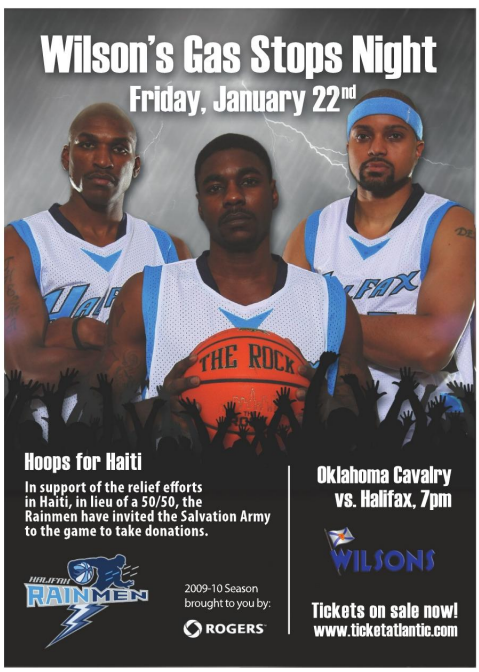
After the game, four-time Pro Bowl centre Jeff Saturday said he understood why Indy's home fans booed, other players seemed surprised by coach Jim Caldwell's decision to pull players early and Manning insisted nothing should be read into his body language even though he uncharacteristically kept his helmet on for most of the final 20 minutes that day. Since then, players and coaches have reached a consensus that they may not be playing in their third AFC title game since 2003 had they not done it this way.

"Really, we've tried to focus in on the things that we thought were in the best interest of our team to get us into the position we are right now," Caldwell said. "That was the ultimate goal."

A win Sunday, and a ticket to Miami, would finally fix everything.

"I think everybody realizes the opportunity and what's at stake," Manning said. "That's why I think everybody wants to have a good week of preparation, to put ourselves in the best position on Sunday."

THE ASSOCIATED PRESS





MARK BAKER/THE ASSOCIATED PRESS

Justine Henin reacts on her way to beating Elena Dementieva yesterday during a women's singles match at the Australian Open tennis championship in Melbourne. Henin won 7-5, 7-6 (6).

Henin scores upset

U.S. Open champion Juan Martin del Potro held off James Blake in a marathon five-setter yesterday, while Justine Henin advanced in her Grand Slam comeback with a 7-5, 7-6 (6) win over fifth-seeded Elena Dementieva.

Fourth-seeded del Potro beat his 30-year-old American rival 6-4, 6-7 (3), 5-7, 6-3, 10-8 in four hours 17 minutes on Hisense Arena, the second showcourt at Melbourne Park, to advance to the third round.

Seven-time Grand Slam singles champion Henin, meanwhile, was producing the biggest win of her comeback from 20 months in retirement by defeating Dementieva in the night match on Rod Laver Arena.

The second-round win for the unranked Henin was another step closer to a possible quarter-final match against U.S. Open champion Kim Clijsters, who scored a 6-3, 6-3 win over Tamarine Tanasugarn of Thailand.

"It was very emotional for me on the court at the end because there was so much intensity," Henin said.

"It's magical to win this kind of match in this kind of atmosphere."

It was Clijsters, who won a U.S. Open title only three tournaments back from a two-year retirement, who inspired Henin, another Belgian, to return to the tour.

Rafael Nadal and Andy Roddick continued their paths toward a possible semifinal matchup.

But the thread that ties Nadal and Roddick together from 2009 — Roger Federer, who beat Roddick in the semis last year before losing to Nadal in the final — will likely still have something to say about who the eventual champion is on Jan. 31. The top-seeded Swiss star is on the other side of the draw and couldn't meet either Nadal or Roddick until the final.

Nadal breezed to a 6-2, 6-2, 6-2 second-round win over Lukas Lacko of Slovakia while Roddick defeated Thomaz Bellucci of Brazil 6-3, 6-4, 6-4.

THE ASSOCIATED PRESS

Early today

- Nikolay Davydenko continued his stellar play and advanced to the third round of the Australian Open with a 6-3, 6-3, 6-0 win over Illya Marchenko today.

Canadiens continue to struggle, fall in overtime to Blues

NHL RESULTS

Blues 4 Canadiens 3 (OT)

NHL New coach Davis Payne liked what he saw from his St. Louis Blues, even after they coughed up a third-period lead.

The Blues, now 5-3-1 since Payne replaced Andy Murray behind the bench on Jan. 2, scored on their only chance in overtime as Andy McDonald beat Carey Price with a wrist shot at 3:19 for a 4-3 victory over the struggling Montreal Canadiens last night.

A moment earlier, goaltender Ty Conklin had stopped Montreal defenceman Andrei Markov in alone to keep his team alive.

The Canadiens erased a two-goal deficit in the third period on goals from Benoit Pouliot — his second of the night — and Mike Cammalleri, whose tally with 33 seconds left in regulation forced overtime. THE CANADIAN PRESS

m.metronews.ca

ScanLife

Handing franchise face Eric Staal the 'C' is only the beginning of big changes for struggling Hurricanes. Scan this code for the story.

Sports in brief

AUS HOCKEY The Dalhousie Tigers upset the St. Francis Xavier X-Men in Atlantic University Sport men's hockey action last night at Memorial Arena. Josh Disher made 35 saves, while goals came from Brendon MacDonald, Devrin Stonehouse, Patrick Sweeney, Benjamin Breault and Ronald Kelly. Dalhousie has now won four of its past seven games dating back to Nov. 27 and has moved up to sixth spot in the conference, one point ahead of the St. Thomas Tommies for the final playoff spot. The Tigers, 6-10-3, host the Acadia Axemen on Friday and visit the Saint Mary's Huskies on Saturday.

QMJHL Rookie forward Brent Andrews was named the Halifax Mooseheads' recipient of the QMJHL's scholastic player of the month. Halifax native Steven Anthony earned the award for the Saint John Sea Dogs.

QMJHL The Saint John Sea Dogs have risen to No. 1 in the Canadian Hockey League's latest top-10 ranking. The Sea Dogs are first in the QMJHL with a 38-7-1 record.

QMJHL The Quebec Major Junior Hockey League announced yesterday that it will unveil "disciplinary measures" for Patrice Cormier, a forward with the Rouyn-Noranda Huskies, Monday. Cormier earned countrywide attention this week for elbowing Mikael Tam during a game and sending the Quebec Remparts player to hospital with brain trauma and broken teeth.

NFL Pro football players sought U.S. lawmakers' help yesterday in preventing NFL owners from imposing a lockout after next season and said a league victory in a Supreme Court antitrust case could affect free agency and ticket prices. A league official said the players' time would be better spent negotiating with the owners than lobbying Congress.

METRO NEWS SERVICES

SCOREBOARD

NHL

YESTERDAY'S RESULTS

St. Louis 4 Montreal 3 (OT)
New Jersey 2 Florida 0
Vancouver at Edmonton

NBA

YESTERDAY'S RESULTS

Milwaukee 113 Toronto 107
Atlanta 108 Sacramento 97
Charlotte 104 Miami 65
Dallas 94 Washington 93
Detroit 92 Boston 86
Orlando 109 Indiana 98
Portland 98 Philadelphia 90
Oklahoma City 94 Minnesota 92
New Orleans 113 Memphis 111
New Jersey at Phoenix
Utah at San Antonio
Denver at Golden State
Chicago at L.A. Clippers

Silver for McIvor
Canada's Ashleigh McIvor won a silver medal at the skicross World Cup yesterday. She finished behind Marte Hoeie Gjefsen of Norway in the final at Blue Mountain in Collingwood, Ont. THE CANADIAN PRESS

Vancouver Games

EDITOR: DON.MCHOULL@METRONEWS.CA

Plenty of snow in Whistler

KRISTEN THOMPSON
Metro Canada

Whistler's Olympic Park is all ready to welcome athletes, three weeks before competition starts.

Unlike Cypress Mountain, which has been cursed with a lack of snow, the biathlon circuit has twice the amount it needs and planners are expecting more snowfall before the Games start, said John Alder, general manager of Whistler Olympic Park.

"We are ready at all the competition areas," Alder said yesterday. "They are being groomed daily."

The Park will host 28 medal events in biathlon, cross-country skiing and ski jumping, the first time in Olympic history all three events will be held at one venue.

John Heilig, ski jump manager, said the venue has 32 pipes with coolants running under the snow, keeping it cold in the warm, damp weather.

"The fog isn't an issue," he said. "Our biggest challenge would be really heavy snowfall."

Whistler's athletes' village is also in its "finishing touches" phase, with housekeeping staff working on putting sheets on beds and kitchen crews prepping the dining hall, which will serve 11,000 meals a day.

"This is a very exciting time for us," said Tim Morrison, general manager of Whistler Village. "(In a matter of weeks), this will be the home of the world's best athletes."



KRISTEN THOMPSON/METRO CANADA

John Heilig, ski jump manager, stands at the base of the ski jump venue yesterday at the Whistler Olympic Park. Heilig said the venue is ready for athletes, three weeks before the Games begin.

McKeever on verge of history

HINTS DROPPED Brian McKeever wasn't ready to celebrate yet, but Canada's cross-country ski federation strongly hinted yesterday that the visually impaired skier from Canmore, Alta., will make history as the first winter-sport athlete to compete in both an Olympic and Paralympic Games.

Cross Country Canada issued a release stating the complete Olympic team will be announced tomorrow in Canmore. The organization all but announced McKeever's appointment to the team by saying "the contingent of athletes will include the world's first winter-sport athlete who will compete in the Olympic and Paralympic Winter Games in the same year."

THE CANADIAN PRESS



FLIGHT CENTRE® Unbeatable

Airfares

Sydney from $1299 + taxes & fees $366

Cancun	from $265 + taxes & fees $277
New York	from $299 + taxes & fees $112
London	from $349 + taxes & fees $401
Orlando	from $349 + taxes & fees $115
Montego Bay	from $399 + taxes & fees $259
Amsterdam	from $449 + taxes & fees $397
Los Angeles	from $459 + taxes & fees $120
Paris	from $549 + taxes & fees $395
Frankfurt	from $569 + taxes & fees $300
Rome	from $649 + taxes & fees $350
Honolulu	from $689 + taxes & fees $113
Buenos Aires	from $799 + taxes & fees $371
Bangkok	from $1099 + taxes & fees $245

Family Vacation

Hawai'i Family Special
Air + 7 Nights
from $817◊ + taxes & fees $143
INCLUDES Waikiki accom and insuite kitchenette.

Vacations

Niagara Falls
Valentine's Day, 2 Nights
from $99 taxes & fees included

Atlantic City Air + 3 Nights 4-Star	from $289 + taxes & fees $174
INCLUDES accom on the Boardwalk.	
Miami Air + Car	from $479 + taxes & fees $118
INCLUDES 7-day car rental with unlimited mileage. ADD accom in Key West from $199 per night.	
California Air + Car	from $529 + taxes & fees $128
INCLUDES air into San Francisco, return from San Diego and 7-day car rental with unlimited mileage.	
New York City Air + 3 Nights	from $579 + taxes & fees $106
ADD Harbour Lights Cruise from $29.	

Adventure Tour

Egypt
8-Day Youth Tour
from $599^ + local payment USD$180
HIGHLIGHTS Cairo, Aswan and Luxor plus excursions to Abu Simbel, Valley of the Kings, Karnak Temple & the East Bank. Roundtrip Cairo.

All-inclusive Vacations

Mayan Riviera
7 Nights 4-Star
from $815 + taxes & fees $267

Dominican Republic 7 Nights 4-Star	from $645 + taxes & fees $312
Varadero 7 Nights 4-Star	from $715 + taxes & fees $199
Cancun 7 Nights 4-Star	from $795 + taxes & fees $267
La Romana 7 Nights 4-Star	from $845 + taxes & fees $845
Puerto Plata March Break 7 Nights 4-Star	from $887 + taxes & fees $311
Cozumel 7 Nights 4.5-Star	from $1099 + taxes & fees $142

Cruise Vacations

Western Caribbean
5-Night Cruise
from $209 + taxes & fees $96
CRUISE roundtrip Miami and visit Key West & Grand Cayman.

Bahamas 3-Night Cruise	from $169^ + taxes & fees $48^
CRUISE roundtrip Miami and visit Nassau (overnight).	
Southern Caribbean 7-Night Cruise	from $549 + taxes & fees $45
CRUISE roundtrip San Juan and visit Aruba, Curacao, Dominica & St. Thomas.	
Greek Islands 7-Night Cruise	from $784 + taxes & fees $77
CRUISE roundtrip Venice and visit Split, Corfu, Santorini, Mykonos & Crete.	
Mediterranean 7-Night Cruise	from $784 + taxes & fees $112
CRUISE roundtrip Barcelona and visit Monte Carlo, Florence/Livorno, Rome/Civitavecchia, Naples & Palma.	
Hawaiian Islands 7-Night Cruise	from $917 + taxes & fees $108
CRUISE roundtrip Honolulu and visit Maui (overnight), Big Island (Hilo & Kona) and Kauai (overnight).	

1 866 317 0963 | flightcentre.ca

PERFECT HOLIDAY PROMISE
Enjoy your holiday or we'll give you $100 towards another one!

Conditions apply. Ex: Halifax. USA and international air only prices are per person for return travel unless otherwise stated. Domestic air only prices are per person for one-way travel unless otherwise stated. Package, cruise, tour, rail & hotel prices are per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change. ◊Family Special price is per person based on 2 adults and 2 children 17 years and younger. ^Price in USD$. † The Perfect Holiday Promise applies to bookings made at Flight Centre shops within Canada. A $100 voucher for future travel will be provided to customers who experience an unwanted deviation from their paid itinerary. For full details visit www.flightcentre.ca or speak to a Flight Centre consultant.

5-year fixed mortgage rates
PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
5.49%	5.49%	5.49%	5.85%	3.99%	5.49%	5.49%	5.49%	3.74%

Rates may vary by province; check RateSupermarket.ca for the best rates in your area.

RateSupermarket.ca
Canada's rate comparison website

Metro Homes



Mingle time

With space for hors d'oeuvres and a wine glass, the Great White Mingling Plate makes hand shaking and refueling with second helpings easy. Pottery Barn, $9, potterybarn.ca.

JENNIFER BILL/FOR METRO CANADA



5-year variable mortgage rates
PROVIDED BY RATESUPERMARKET.CA

BMO	CIBC	HSBC	ICICI	ING	RBC	Scotia	TD	Broker
2.25%	2.25%	2.25%	3.50%	2.05%	2.25%	2.25%	2.25%	1.95%

EDITOR: DOUGLAS.DUNLOP@METRONEWS.CA

Based on a 50-year-old design and handmade in Czech Republic, the Encased Amber Flute is a deeply golden flower held in place between a slim stem and a ridged, mouth-blown bowl, while this Backyard Champagne Flute is handmade in Poland. Anthropologie, both $19.35, anthropologie.com.

Homes in **Style**

Drinks on us!

JENNIFER BILL
for Metro Canada

Dirty Martini, Cosmopolitan — the very thought can make one smack their lips in anticipation.

Mix in chic decor, a bartender in the know, and a lively mix of people, and you've got yourself a cocktail party.

Celebrity designer and trend expert Marc Atiyolil said a cocktail party's decor should be carefully chosen to create the desired mood.

"A 'back to nature' colour scheme using white and lime green paired with shades of brown is quite popular," said Atiyolil, editor-in-chief of Canadian Home Trends magazine.

Accentuate your elegant side and play up the ambiance with dainty floral arrangements, floating candles in vases or tumblers, and mirrored serving trays.



The EZ Pull 6-Drink Server is a stainless steel six-head dispenser with chrome finishing and a suction base for sturdy balance that rotates easily. With a spill and leak proof push-up pouring mechanism, it can be used for 750ml or 1l bottles. Canadian Tire, $49.99, canadiantire.ca.



Why stir when you can shake! The stainless steel Bullet Cocktail Shaker is a sleek and stylish way to shake up a martini. Holds 22oz. Urban Barn, $32, urbanbarn.ca.



Make professional cocktails right at home with this stainless steel bar set, which includes strainer, stirrer, jigger, can opener, ice tong and ice bucket. Canadian Tire, $29.99, canadiantire.ca.



For those who like to keep things simple and not take up too much space, this artistic and abstract Level Wine Rack holds four bottles in perfect balance. Urban Barn, $40, urbanbarn.ca.



This modern Step 6 Bottle Wine Rack is a practical and decorative piece, made from chrome plated wire. Urban Barn, $28, urbanbarn.ca.

NHance Revolutionary Wood Renewal
No Dust. No Mess. No Odor®
Like - New Wood at a Fraction of the Price
(Compared to sanding and refinishing)
• Renew luster & shine to worn finish
• Fill cracks, gaps, & blemishes caused by water & time
• Renew all the wood in your home or office
220-0400 • www.nhance.com
Many Jobs Complete in One Day!
Free In-Home Estimate!
Eligible for Home Tax Rebate
Before
After



Time to Get your Butts in Gear?
To Sign Up or for More Info
Call: 443-8141 ext 26
email: JayneNorrie@ns.lung.ca
Join the Learn to Run Program for Smokers
· Run with peers in a supportive environment with a qualified coach
· Learn everything you need to enjoy running for a lifetime
· Eight week program starting Tuesday, February 16th
· Are you ready for positive change, improved fitness and fun?
THE LUNG ASSOCIATION™ Nova Scotia



Aria Lace Cutout Coasters cushion cups or glasses in style. Available in white, black and red, these coasters are cut from stain-stemming ornamental felt. Urban Barn, $5 for set of four, urbanbarn.ca.

Negotiating the right room for your teenager

HomeScape
Sylvia Putz

metronews.ca/homescape

As a teenager, I remember having pink elephant wallpaper in my closet.

My parents finally took pity on me and outfitted me with a groovy orange wallpaper throughout when I was 12. Was I relieved or what? My girlfriends could no longer hoot with derision at what was left of my childhood wallpaper.

These memories drift through my head as I contemplate the increasingly loud jockeying from both of my children, who are fast outgrowing any hint of sweet childhood in their choice of bedroom decor.

It's inevitable, and a rite of passage for all offspring who can no longer be happily lumped into the "child" category. They're not children, and they're not adults, but are moving along the spectrum somewhere in the middle.

At this time of transition, the teen bedroom becomes increasingly important, and as more than a place to sleep and do homework. It becomes a place of refuge, and a place where they can chill with friends, away from the constant gaze of adult supervision (but not too far from it).

From the point of view of decor, it should give them a chance to develop a sense of who they are, and to experiment with what they think would fit with their emerging sense of self. Yes, you heard me right. The home is yours, that is true, but the room is their space and should reflect them, not you.

Here are some guidelines to make the process as smooth as possible:

The Exploration

- Encourage teenagers to explore websites and check magazines and books for pictures of what they like.
- Tell them not to worry much about budgetary or other limitations at this point; that will come later.

Drilling down to reality

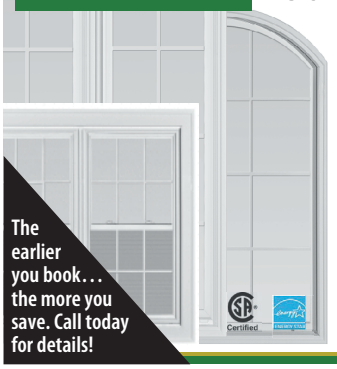
- You as the payer of bills must decide on a budget ahead of time. After your teenager has explored ideas, let your teenager know what the family can afford, and together, start looking at their ideas in terms of cost.
- If the wish list includes new furniture, for example, but the budget does not make provisions for this, think of less expensive ways to achieve similar results. You may consider repainting, or reupholstering, for example.
- Try to remain as open as possible. A black accent wall, for example, is not the end of the world, and may look spectacular with white painted furniture, or with a bold black and white wallpaper border.

Other recommendations

- If your teen has expansive plans for a small space, it may help to zero in on the actual physical dimensions of the bedroom and together.
- Stay away from themes in large pieces of interior decor, such as rugs or bedding or wall treatments. Teenagers change quickly and a much-desired theme (say, DJ graphics) may prove an embarrassment to them next year when they decide they're into other things. Use inexpensive themed accessories that may be changed without too much financial pain.

Sylvia Putz is a journalist with an interest in decor and design. She's written for the TV show Arresting Design; sputz@arrestingdesign.com.


Is it time for your teenager to redecorate his or her room? Use these guidelines to make the process as smooth as possible.

Metro WINDOWS & DOORS LTD.
WINTER BOOKING SALE
Our best prices in 2010!

The earlier you book… the more you save. Call today for details!
ACAN Windows & Doors
SOLARSEAL CANADA
Guaranteed Quality Installations • Free Estimates
Selection • Service • Satisfaction
Dartmouth: 468-4373 • 90 Raddall Ave, Unit 6
Halifax: 455-0874 • 6040 Almon St
www.metrowindows.ca

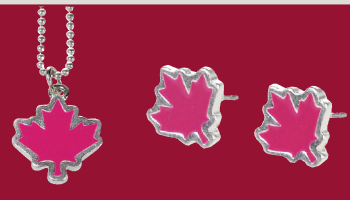


ON NOW FOR A LIMITED TIME!
Gallery Furniture Centre
All You Can Imagine…
60 HIGHFIELD PARK
DARTMOUTH, NOVA SCOTIA
TEL: 902 466-5552
*OAC. See store for details.

Claiborne closing Canada division

Liz Claiborne Canada Inc. has an agreement with Laura Canada to assign the majority of its retail store leases across the country. And, Claiborne retail stores in Canada will close gradually from February until the end of October 2010. METRO NEWS SERVICES

Style



Go glam for patriotism

Show your Olympic support with style by sporting Foxy Original's new "Go Canada" necklace and earrings collection. Fifty per cent of the net proceeds from online sales of the pieces go to the Canadian Association for Advancement of Women and Sport. Available starting next month, each retail for $25 at foxyoriginals.com. METRO NEWS SERVICES

EDITOR: ANN-MARIE.COLACINO@METRONEWS.CA

5 Trends for spring '10

JANINE FALCON
for Metro Canada

"Fashion's eclectic and edgy fall was in part a reaction to the economical times," says stylist and lifestyle expert Janette Ewen, who is a regular on CityLine.

This spring is taking on a less aggressive, more feminine personality, she says, which is still influenced by the recession, but more about escape. Here are five trends that hit the highlights:

1. The Jacket

Yep, the tough girl is still around, with her bold shoulders, distressed jeans and military jackets, which, says Ewen, have "softer lines, a Boer-era styling in beaten-up green and khaki." Military jackets were strong at Balmain, with long tails and elaborate epaulettes and Burberry Prorsum, which featured sharp, trenches in army beige. Safari-style toppers also stood out at Aquascutum.

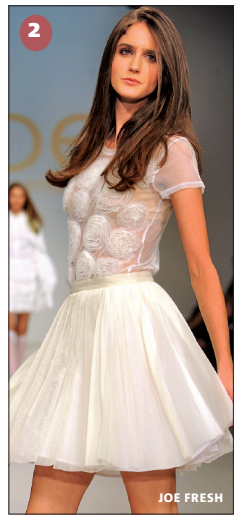
2. Pale Neutrals

Shades of nude, blush pink, pastels, misty grey and white married with sheer, airy and drapey textures lend vulnerability rather than provocation at Antonio Berardi, Calvin Klein and Alberta Ferretti. "It's a visible-lingerie look, with a '20s and '30s soft silhouette, shaped without boning," explains Ewen.

3. Brights

Statement shades of yellow, red, purple and green accents pop against a white palette at Bottega Veneta, and broadcast a playful vibe with splashy prints at Marc by Marc Jacobs and Blumarine, and Lady Gaga-esque graphics at Alexander McQueen. Orange is a hot hue; it hit the catwalk for Lanvin, Donna Karan and others.







4. Ruffles

Ruffles and ruching made the detail-difference in the aforementioned military and safari jackets and added glam and at times girly flourish at Stella McCartney, Chanel, Lanvin and Marc Jacobs. "There's a Lolita look this spring — whimsical, sweet and innocent rather than seductive," Ewan says.

5. Prints

"Florals, roses, cabbage flowers — they're everywhere," Ewen notes. Flowers bloomed at Rebecca Taylor, Derek Lam and Luella, and mixed with tribal at Diane von Furstenberg.





To view photos of Matthew Williamson's new spring menswear collection, visit: metronews.ca/style







2010 WEDDING IDEAS

Getting ready for your special day just got easier.



Let us make your day a special one.
We can accommodate up to 150 guests
with cuisine by Chef Daniel Delorme ccc -
Trendz Café and Wine Bar

15 Spectacle Lake Drive • 463-2000
rrhodenizer@bestwesterndartmouth.com

Best Western www.trendzcafe.ca Trendz Café & Wine Bar



naturally beautiful® body & facial enhancements

Shine on your special day

Europe's Best Kept Secret is here! **Beautytek** is a holistic NON-INVASIVE therapy that can bring immediate lasting results. Tone, firm and lift your face and body. They'll notice more than just the wedding dress.

Consultations Free
100% natural & pain free
Only service this side of Quebec

902.252.3395
405 Sackville Dr., Suite 201
www.naturally-beautiful.ca

Ready to Rumba
DANCE STUDIO

Bachelorette, Birthday, & Girls' Night Out Parties

Learn a sexy routine!
Book a private party
with 12 studio poles.

- Pole Dance
- Belly Dance
- Burlesque



444-3129

225 Herring Cove Rd.
www.ReadyToRumba.com

CARE FREE Sounds

Professional DJ Service

Let over 25 years experience entertain you!

weddings - dances - events - parties
new years - christmas - corporate

789-2678

www.carefreesounds.com



GRAND *Weddings*

• Ultimate location across from the Public Gardens
• Elegant surroundings • Impeccable service

For information call 491-6134
or visit www.lordnelsonhotel.com

1515 SOUTH PARK ST. DOWNTOWN HALIFAX 800.565.2020

THE LORD NELSON HOTEL & SUITES

PICTOU LODGE BEACHFRONT RESORT

Atlantic Canada's Premiere Oceanside Destination

"...the perfect setting for the first day of the rest of your lives..."

- Delectable Culinary Creations
- Customized Wedding Packages
- Onsite Wedding Consultant to assist you with planning your event
- Post Wedding Brunch Options
- Exclusive Room Rates for your Visiting Guests



1-800-495-6343 • 902-485-4322

172 Lodge Road, Pictou
pictoulodge.com

CuTans
Salon & Day Spa

Call to book your wedding look!
Offering services for hair, updos,
tanning, esthetics, and spa treatments.



902.477.4000
30 Herring Cove Road, Halifax

Cowell inks $500M deal with Sony

Simon Cowell has signed a $500 million US deal with Sony. The two-year contract with the entertainment giant will see him rake in the staggering sum — expected to tip his fortunes close to the $1 billion mark. FEMALEFIRST.CO.UK

Entertainment



Grammy tribute

In an unprecedented move, this year's Grammys will pay homage to Michael Jackson in a tribute that will include a 3-D film clip the pop sensation made before his June 25 death. PEOPLE.COM

EDITOR: DEAN.LISK@METRONEWS.CA

●●●●● A CLASSIC; ●●●● EXCELLENT; ●●● GOOD; ●● FAIR; ● POOR

Crazy Heart, but sensible sound

Crazy **Heart**

Album: Crazy Heart Soundtrack
Label: New West/Universal
Rating: ●●●½



IT'S A GIVEN that a movie about a washed up country singer would have an excellent soundtrack. Especially if the music is supervised by T-Bone Burnett. Crazy Heart's soundtrack is loaded with fantastic songs by legendary artists — Hello Trouble by Buck Owens, Are You Sure Hank Done It This Way by Waylon Jennings, If I Needed You by Townes Van Zandt — but it's the original music sung by Jeff Bridges, Colin Farrell and Robert Duvall that really make this an interesting disc. Bridges' gruff voice on the bluesy country tune Hold on Now is a must hear.

Bryan Borzykowski/for Metro Canada

Spoon

Album: Transference
Label: Merge
Rating: ●●●●



WHEN A BAND comes perilously close to mainstream success, as Spoon did with its last disc, the group can go one of two ways: Play to the masses or retreat. Britt Daniel's latest falls somewhere in between. The band's new stripped down sound is immediately apparent on the first listen. It's sparse, the choruses and verses aren't as distinct, and the group stays mostly mellow throughout. But, on closer inspection, the hooks that propelled the band forward the last few years are still there. It's still clean, refreshing pop and proves that increasing fame hasn't changed the band.

Bryan Borzykowski/for Metro Canada



Jeff Bridges stars as a washed up country singer in Crazy Heart.

Ringo **Starr**

Album: Y Not
Label: Universal
Rating: ●●●



A BEATLE DESERVES the best and Ringo gets it from an all-star cast of collaborators that includes Ben Harper, Joe Walsh, Van Dyke Parks, Dave Stewart, Gary Wright, Richard Marx, Don Was, Joss Stone and, of course, Paul McCartney. At 69, Ringo takes over production duties for the first time in his long career, as well as much of the song writing. Some of the compositions seem a tad ham-handed or contrived (Peace Dream — his tribute to John Lennon — in particular), but the album is carried by the Beatle drummer's unflappable charm and good nature. Standouts include Ringo's duets with Sir Paul (Walk With You) and Joss Stone (Who's Your Daddy). Beatle fans will enjoy Ringo's nostalgic The Other Side of Liverpool. This is Ringo's best effort since the '70s.

Graham Rockingham/for Metro Canada

On the web

- Read our reviews of Editors' In This Light and On This Evening, Hawksley Workman's Meat & Milk and Delphic's Acolyte at metronews.ca/music.

HA	H	D	B	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
1/21/10 primetime	31	31	31 ABC	News Center 5	World News	Inside Edition	State of State	The Deep End "Pilot" (N)		Grey's Anatomy (N)		Private Pract.
	7	7	7 ASN	The Road to Avonlea		Access H.	TMZ (N)	FlashForward		Fringe (HDTV PA) (N)		Private Pract.
	11	11	11 CBC	Wheel Fortune	Jeopardy! (N)	The Nature of Things (N)		Mounties Under Fire (N)		CBC News: The National		The Hour
	2	2	2 CBC-F	Pyramide (SC)	Union-force	Virginie (SC)	Infoman (SC)	Enquête (HDTV) (SC)		3600 secondes d'extase (SC)		Le Téléjournal
	32	32	32 CBS	WBZ News (N)	Evening News	Wheel Fortune	Jeopardy! (N)	Big Bang Th	Big Bang Th	CSI: Crime Scene Investigat'n		The Mentalist
	69	69	69 CFTM	TVA nouvelles	Le Cercle (SC)	A communiquer		Patrick Huard, Juste pour rire		Rousseau Montréal-Paris		TVA nouvelles
	6	6	6 CIHF	Entertainment	ET Canada	90210 (HDTV)		Bones (HDTV PA) (N)		The Office (N)	The Office	News Final (N)
	9	9	9 CJCH	The Vampire Diaries (N)		The Mentalist (HDTV) (N)		CSI: Crime Scene Investigat'n		Grey's Anatomy (N)		CTV News
	10	10	10 ELTV	(6) EastLink Television				Podium TV		Community Matters		
	36	36	36 FOX	Seinfeld	The Simpsons	Two/Half Men	Two/Half Men	Bones (HDTV PA) (N)		Fringe (HDTV PA) (N)		Fox First
	12	12	12 NBC	News (N)	NBC News	Access H.	Extra (N)	Community (N)	Parks/Recreat	The Office (N)	30 Rock	Jay Leno Show
	29	29	29 NW	(6) Power & Politics		Connect Today's biggest stories. (N)				CBC News: The National		Nature-Things
	4	4	4 PBS-B	PBS NewsHour (N)		Greater Boston	Basic Black	This Emotional Life "Rethinking Happiness" (DVS)				Human Spark
	35	35	35 PBS-D	PBS NewsHour (N)		Business Rpt.	Worldfocus	This Old Hse.	Hometime	This Old H'se	Michigan	Sherlock H.
	68	68	68 TQS	Guerre clans	Le Mur	Taxi payant (N)	Smile TV (SC)	Lipstick Jungle (SC)		La Verité choc		Guerre clans
news	23	96	96 BNN	Business News	Headline	Market Call Tonight		GetConnected	Market Call	Squeeze Play		Business News
	18	18	18 CNN	(6) The Situation Room With Wolf Blitzer (N)				Campbell Brown (N)		Larry King Live (N)		Cooper 360
sports	54	54	54 GOLF	Golf Central	Top 10 (HDTV)	Planet Jack	Planet Jack	Masters Highlights		PGA Tour Golf		
	52	52	52 RSE	Connected W-Prime Time		NHL Hockey St. Louis Blues at Ottawa Senators. (HDTV) (Live)					Overtime	Sportsnet Con.
	55	55	55 SCOR	HSR	Covers Experts	Score on NFL	FullTiltPoker.net Million		World Poker Tour		Hardcore Champ. Fight	
	45	45	45 SPD	Unique Whips		Barrett-Jackson Automobile Auction (HDTV) From Westworld, Scottsdale, Ariz. (Live)						
	53	53	53 TSN	Off the Record	SportsCentre	NHL Hockey Toronto Maple Leafs at Tampa Bay Lightning. (HDTV) (Live)					NHL Hockey	
family	43	43	43 FAM	Han. Montana	Wizards-Place	Sonny Chance	Suite Life	Overruled!	Han. Montana	Wizards-Place	Latest Buzz	Ned's School
	44	44	44 TOON	Jimmy Two	Johnny Test	Stoked	Total Drama	Majority Rules	6TEEN	Futurama	King of the Hill	*Jon Mnemonic*
	26	26	26 TREE	Wonder Pets	3rd and Bird	Backyardigans	Night Garden	Waybuloo	Franklin	Little Bear	Maggie-Beast	Babar
	27	27	27 YTV	iCarly	To Be Indie	iCarly	Fries That?	Malcolm-Mid.	Hates Chris	8 Simple Rules	What I Like	Family Biz
cable variety	16	16	16 A&E	The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV)		The First 48 (HDTV) (N)		Manhunters
	70	70	70 APTN	APTN National News (N)		Wapos Bay	By the Rapids	Hockey	Moose TV	*The Replacements* ★★ (2000, Comedy)		
	50	50	50 BET	106 & Park: BET's Top 10 Live (Live)				Monica: Still	Monica: Still	*Soul Plane* ★★ (2004, Comedy)		
	37	37	37 BRVO	Wind at My Back		Storytellers	PhotoXplorers	Innovators	Writers	*Know Your Mushrooms* (2008)		
	25	25	25 CMT	Tara Diaries	Tara Diaries	Amer. Funniest Home Videos		Reba	Reba	According-Jim	According/Jim	Home Improve.
	49	49	49 COM	Just for Laughs		Air Farce	22 Minutes	Corner Gas	Name Is Earl	The Simpsons	South Park	Demetri Martin
	153	153	153 COURT	Truth, Duty, Valour		Psychic Witness		Cops Uncut	Dumb Criminal	Psychic Detect	Homicide File	Psych. Witness
	38	38	38 DISC	Cash Cab	How It's Made	Daily Planet (N)		Dirty Jobs "Tofu Maker"		Dirty Jobs		MythBusters
	34	48	48 HGTV	Extreme Makeover: Home		House Hunters	Property Virgin	Holmes Inspection		House-Bryan	Real Renos (N)	House Hunters
	46	46	46 HIST	Ancestors	Ancestors	Pawn Stars	Pawn Stars	Ancient Discoveries		Ancestors	Ancestors	Nostradamus
	17	17	17 MM	Make It or Break It		Degrassi: TNG	Degrassi: TNG	My Date With...	disBAND	Video on Trial	Muchmusic Countdown	
	19	19	19 MMM	mmtop10.ca		The Daily Fix		Ranked!		Freddie Mercury Tribute		Entourage
	201	201	201 M1	(6:25) *I Love You, Man*		(8:15) *Race to Witch Mountain* ★★ (2009, Adventure)				*The Informers* ★ (2009, Crime Drama)		
	48	23	23 OLN	Mantracker		Ghost Hunters		Destination Truth		Oper. Repo	Oper. Repo	Ghost Hunters
	51	51	51 PEACH	Friends	Name Is Earl	Family Guy	Family Guy	House-Payne	House-Payne	Law & Order: Special Victims		*Aeon Flux*
	206	206	206 PIX	(6:10) *The Watcher*		(7:50) *Quigley Down Under* ★★ (1990, Western)				*True Grit* ★★★ (1969, Western)		
	67	67	67 RDI	RDI monde	RDI économie	24 Heures en 60 minutes (SC)		Grands reportages (SC)		Le Téléjournal (SC)		RDI économie
	39	39	39 SHOW	Trailer Park	Trailer Park	Relic Hunter		*Odysseus and the Isle of the Mists* (2008, Fantasy)				Cra$h & Burn
	40	40	40 SLICE	What Happen?	Wedding SOS	Rich Poor	Rich Poor	X-Weighted "Debbi"		Bootcamp	Last 10	Re-Vamped
	47	47	47 SPACE	Stargate SG-1		Stargate Atlantis (DVS)		Lost		*Android Apocalypse* (2006) (DVS)		
	14	14	14 SPIKE	CSI: Crime Scene Invstgtn.		UFC's Ultimate Fight Night				TNA iMPACT! (HDTV) (N)		
	57	98	98 STAR	etalk	TMZ (N)	Look-A-Like	TMZ	The Ellen DeGeneres Show (N)		The View (HDTV) (N)		Dr. Oz Show
	21	21	21 TLC	Say Yes-Dress	Say Yes-Dress	BBQ Pitmasters (HDTV)		American Chopper		American Chopper (N)		BBQ Pit
	56	34	34 TROP	Planet Soap	Comeback	Reality	Whatever	Family Guy	Family Guy	Seinfeld	Seinfeld	'70s Show
	20	20	20 TV5	Que.-champion	Journal de Fr2	Horizons (SC)		Complément d'enquête				Humanima
	28	28	28 V	Ekhaya – A Family Chronicle		Murder, She Wrote		On the Buses	'Allo, 'Allo!	*The Perez Family* (1995, Comedy-Drama)		
	60	97	97 VIVA	Da Vinci's Inquest		Cold Case "Detention"		Missing "This Is Your Life"		The Closer		Cold Case
	22	22	22 W	House-Sell	House-Sell	Supernanny		Dine With Me	Love It-List It	Confidential	Confidential	Divine Design
	251	251	251 WGN	WGN Evening News		Two/Half Men	Family Guy	The Vampire Diaries (N)		Supernatural (HDTV) (N)		WGN News

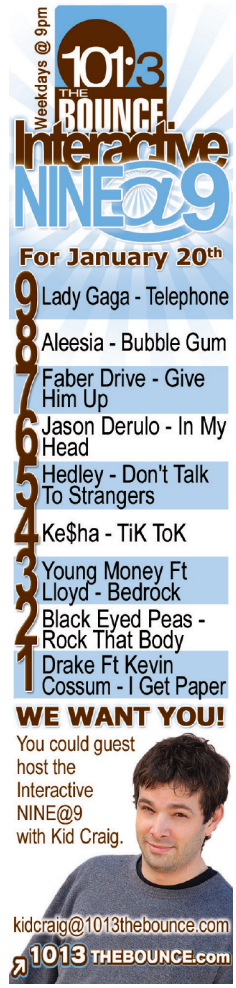
critics'corner

The Deep End
Call it "L.A. Law: The Next Generation." The lives of five rookie lawyers at a prestigious Los Angeles firm are the meat of this new drama series from David Hemingson ("How I Met Your Mother") and Jan Nash ("Without a Trace"). Between trying to resolve their ideals and the reality of the job, they've also got some interesting office politics to navigate. Matt Long, Leah Pipes, Ben Lawson, Tina Majorino and Mehcad Brooks star. 9 PM on ABC



The Nature of Things
We've seen the folks on the "CSI" shows pick up clues from the presence of insects at murder scenes. The new episode "The Science of Crime" explains how it's done — and also how plant life at a crime scene can also provide valuable leads — by delving into the fields of forensic entomology and forensic botany. These "witnesses" may not be able to take the stand, but their testimony is important. 8 PM on CBC

Mounties Under Fire
It's not the first police force to be touched by scandal and allegations of corruption, but given its size and the many roles it plays, the RCMP is a bigger target than most. This new documentary offers a warts-and-all inside look at the Mounties, juxtaposed with the stories of three recruits training to join the force, providing a ray of hope for change within the organization. 9 PM on CBC



Salt is scary
Maureen Tilley, a registered dietitian in Dartmouth, N.S., has written a book entitled Hold The Salt (Formac Publishing, 2009) which outlines the dangers of the overconsumption of sodium. THE CANADIAN PRESS

Urban Foodie

●●●●● INSPIRED; ●●●● VERY GOOD; ●●● PALATABLE; ●● HO-HUM; ● NEVER AGAIN

Serious Caribbean heat on a cold day

VALERIE MANSOUR
HalifaxFoodie@gmail.com

Caribbean Twist
3081 Gottingen St.
Halifax
404-3855

Signature Dish:
Jerk Chicken
Signature Drink:
Ginger Beer
Rating: ●●●½
Dinner & drinks for 2: $30


The Jerk Chicken ($9.49)


Chicken Roti ($8.99)

VALERIE MANSOUR/FOR METRO HALIFAX

Caribbean Twist in North End Halifax is the real deal — authentic Jamaican food. With brightly coloured walls and fluorescent lighting, it has the feel of a diner. The owners are welcoming and knowledgeable.

The Jerk Chicken ($9.49) is perfectly cooked, rich with flavour and seriously hot. It is served with traditional "rice and peas," actually kidney beans and rice, as well as a serving of calalou (leaves of the taro root) cooked with onion and red pepper. Delicious.

We also try Curry Goat ($10.99) which is fall-off-the bone tender. The curry flavour is pronounced but not overly hot.

We sip ginger beer ($1.68) the perfect accompaniment for Caribbean fare. We're talked into sharing a slice of much-too-sweet-for-me Coconut Cream Pie ($2.99).

We take home Chicken Roti ($8.99) and a Beef Patty ($1.99) for the next day's lunch. The Roti, chicken and potatoes in a flour tortilla, could be a little more interesting but the Beef Patty hits the spot.

Caribbean food is good for the stomach and the soul. Here's hoping Caribbean Twist is here to stay.

On the web

- Get recipes and more great food content at metronews.ca/recipes

Dining out

HAPPY TIMES
Fireside Bar and Restaurant, 1500 Brunswick St., each week celebrates Monday Martini Night as well as Happy Hour from Monday – Friday, 4:30 p.m. – 6:30 p.m. For information call 423-5995 or visit thefireside.ca

MUSICAL TIMES
The Celtic Corner, 69 Alderney Dr. in Dartmouth, provides music while you dine. Thursday, Jan. 21: Dave MacIsaac and Louis Benoit; Jan. 22 and 23: John Ferguson and Roger Stone; and Jan. 24: Glenn Graham. For information call 464-0764 or visit celticcorner.ca

In brief

VALENTINE'S I Love Local Valentine's Weekend $2,000 prize package includes lunch for two at Morris East and Hamachi Sushi and Dinner for Two at Brussels. Call 489-6980 or visit theuncommongroup.com
ITALIAN Food and wine of Italy! Premier Spirits and Chef Michael Howell of Tempest Restaurant in Wolfville have just announced a culinary tour to Northern Italy for Oct. 18 - 26, 2010. Call 542-0588. **MARKET** Halifax Farmer's Market (Saturdays 7 a.m. – 1 p.m. at the Brewery) is welcoming new vendors this year including: Turkish cuisine, Bramoso gourmet pizza, homemade soy milk and vegetarian cuisine.

BURNSIDE HOTEL
DINING ROOM & LOUNGE
Meeting rooms available!
468-7117
739 Windmill Rd, Dartmouth
Restaurant open 7 days a week
Breakfast: $4.99 • Lunch & Dinner: $6.95
All you can eat Lunch & Dinner Buffet: $6.95* Monday-Friday
*prices subject to change
ROOM SPECIALS | Daily from $69.00 | Weekly from $280.00 | Monthy from $799.00

TOP 5 CHIROPRACTORS
RECOMMENDED BY METRO READERS
DR. BRADLEY LOHRENZ
"It seems there is a chiropractor on every corner, but he stands out among all the rest!"
JASON/CINDY
"No matter what pains you have Jason & Cindy have the experience to help!"
DR. MARK BODNAR
"I was living in pain until I went to Bedford Chiropractic. Dr. B is fantastic at what he does and he's a really nice guy too."
DR. ROB RUKAVINA
"Excellent chiropractor!"
DR. BRENT MACNEIL
"I've only been once but Bret really helped my back."
NEXT WEEK'S TOP 5 – MORTGAGE BROKERS
Recommend your Mortgage Broker by Friday and you could WIN A HP MINI 10.1" NETBOOK!
TO ENTER VISIT METRONEWS.CA/GIGPARK
Powered by metro and gigpark

MICHAEL BOLTON
One World One Love 2010 Tour
TICKETS ON SALE SATURDAY AT 9AM!
HALIFAX METRO CENTRE
MARCH 19
TICKETS AVAILABLE AT TICKETATLANTIC BOX OFFICE AT HALIFAX METRO CENTRE, AT ALL PARTICIPATING ATLANTIC SUPERSTORE OUTLETS, BY PHONE AT (902) 451-1221 OR ONLINE AT WWW.TICKETATLANTIC.COM OR WWW.GEG.CA
ONE WORLD ONE LOVE
NEW CD AVAILABLE MAY 4
GILLETT ENTERTAINMENT GROUP
MICHAELBOLTON.COM



She's still holding out for her true love, Jack Daniels

Kate Moss would like to elope with Jamie Hince, femalefirst.co.uk reports. The supermodel reportedly received a proposal from The Kills rocker on her 36th birthday last Saturday but insisted she doesn't want to marry him yet. **METRO WORLD NEWS**

Celebrity Buzz

SECOND CUP
Buy one coffee, get a second cup on us.
Valid only at participating Second Cup locations from January 21 to January 24, 2010. Buy a medium size brewed coffee and receive a medium size brewed coffee for Free. Offer is limited to one Free medium size brewed coffee with purchase per voucher. Voucher has no cash value and is not valid with any other offer.

Lohan mom under fire again for bad parenting

AND IN OTHER NEWS, THE SKY IS BLUE AND JOHN MAYER IS ANNOYING Lindsay Lohan is allegedly abusing herself again, sources tell Radar Online. A suspicious red mark was spotted on the actress' arm as she headed to a party at the Chateau Marmont recently with mom Dina Lohan, and sources allegedly say it's proof that Lindsay is cutting — something she's been accused of in the past.

"Why is Dina out partying with Lindsay when it's clear she's still cutting herself?" the source asks. "Dina should be getting Lindsay help, not following her to parties."

METRO WORLD NEWS



Kournikova mom charged with child neglect

IS HER MAIDEN NAME LOHAN, BY ANY CHANCE? Anna Kournikova's mom, Alla Kournikova, is in hot water after allegedly leaving her five-year-old son at home alone in Palm Beach to run errands, during which time the boy fell or jumped out of a second-story window, according to WPTV in Florida. The boy was reportedly found crying, screaming and bleeding by neighbours, and Alla was arrested and charged with child neglect.

METRO WORLD NEWS



Amy sentenced to two years of 'good behaviour'

THEN THE COURTHOUSE ERUPTED INTO GALES OF LAUGHTER, THE JUDGE BOWED AND SAID, 'THANK YOU. I'LL BE HERE ALL WEEK.' Amy Winehouse has pleaded guilty to common assault and disorder, femalefirst.co.uk reports.

The singer appeared in Milton Keynes Magistrates Court yesterday morning to answer charges relating to an incident last month, where she lashed out at a theatre manager after interrupting a performance with a foul-mouthed outburst.

The troubled star was given a two-year conditional discharge and ordered to pay more than $150 in costs and more than $200 in compensation to her victim.

Passing sentence, district judge Peter Crabtree said it was clear alcohol had played a massive part in the incident.

He said, "Mr. Pound is a person whose job involves interaction with the public. If he's assaulted he deserves the court's protection. In this case it's obvious that alcohol played its part."

The judge said he felt the sentence was appropriate because it would force the singer — who has a history of drug abuse problems — to maintain good behaviour.

METRO NEWS SERVICES



If you treat your friend to a better cup of coffee
do you still owe them money?
Use the coupon above to find out.
SECOND CUP

Brooke's wisdom tooth delays Sheen case

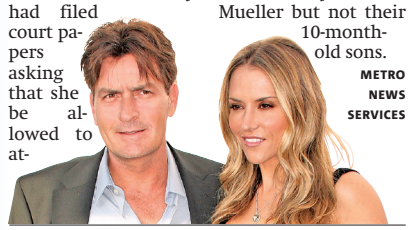
THE LAST THING SHE NEEDS IS TO HAVE MORE WISDOM REMOVED A hearing this week in Charlie Sheen's domestic violence case has been delayed two days because his wife Brooke Mueller had to have a wisdom tooth removed, a source tells People.

"She has been ordered by the doctor to stay in bed for 72 hours," the source close to Mueller says.

Mueller's attorney had filed court papers asking that she be allowed to attend Wednesday's hearing in an Aspen, Colo., court by telephone, but the judge instead set the session for Friday because the law requires both Mueller and Sheen to appear in person.

Sheen, 44, was arrested Dec. 25 after Mueller called 911 saying the actor threatened her. A judge issued a temporary restraining order against Sheen keeping him away from Mueller but not their 10-month-old sons.

METRO NEWS SERVICES



Follow these celebrities on Twitter...

CelebTweets

JON FAVREAU wants to play dress-up, **PARIS HILTON** recognizes some of her family members in a movie, and **IVANKA TRUMP** demonstrates her business pedigree.

@Jon_Favreau Visited the Thor set. I would look cool in one of those costumes.
@ParisHilton Just finished watching Teenage Mutant Ninja Turtles the movie haha
@IvankaTrump Drove by a car dealership w/ a huge sign saying "Our best deals of the year." It's Jan 19th, how good a deal can that be?

METRO WORLD NEWS



Woods rehab pic sends handlers into frenzy

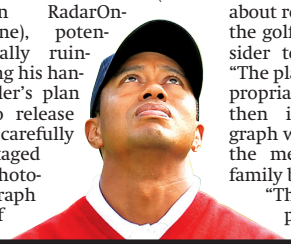
UNLESS HE WAS HOLDING A CUP OF BOOBS, I FAIL TO SEE THE PROBLEM HERE A new paparazzi image of Tiger Woods has surfaced (see it on RadarOnline), potentially ruining his handler's plan to release a carefully staged photograph of Tiger with his wife and children looking happy together, popeater.com reports.

"At the moment it's all about regaining control of the golfer's image," an insider tells popeater.com. "The plan was to let an appropriate time pass and then issue one photograph wide to everyone in the media showing the family back together.

"This was not the first picture of Tiger his handlers wanted the world to see. This is another PR nightmare for him."

In the paparazzi photo, Woods is seen holding a cup and covering his head with a hooded sweatshirt. It's the first photo of the golf great since his Thanksgiving Day car wreck that led to his infidelity scandal. He's now reportedly in a Mississippi sex addiction clinic, according to Radar.

METRO NEWS SERVICES



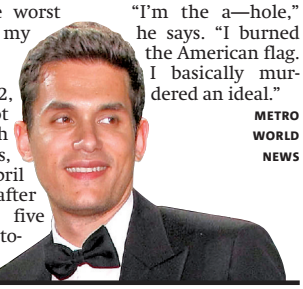
Mayer confirms what we already know

STRAIGHT FROM THE DONKEY'S MOUTH John Mayer isn't proud of the way things ended with Jennifer Aniston, usmagazine.com reports. "I've never really gotten over it," he tells the latest issue of Rolling Stone. "It was one of the worst times of my life."

The singer, 32, first got cozy with the actress, 40, in April 2008 after spending five sexy days together in Miami, but went on to split twice — most recently last January, in which he held an impromptu press conference with paparazzi outside his NYC gym to, as he hints, take the blame for the breakup with America's sweetheart.

"I'm the a—hole," he says. "I burned the American flag. I basically murdered an ideal."

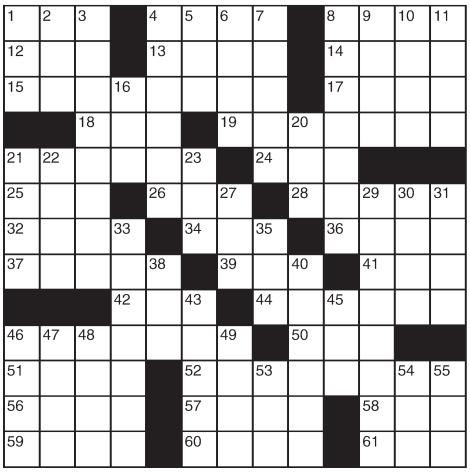
METRO WORLD NEWS



The Weather Network
TWN incorporates MSC data
Today Partly cloudy -2° / -10°
Friday Partly cloudy -3° / -11°
Saturday Mainly sunny -5° / -10°
TAKE THE WEATHER WITH YOU visit mobile.theweathernetwork.com

For more delicious Metro recipes, visit: **metronews.ca/food**

Take Five



ACROSS

1 — -jongg
4 Visibility hindrance
8 Be a model
12 Sch. org.
13 Ugandan despot
14 Easter emblem
15 Sharp turns
17 Shaving cream add-in
18 Knock
19 Surmised
21 Nicklaus contemporary
24 Corrode
25 Foreman rival
26 Pinch
28 Incenses
32 Equivoques
34 Tie up the phone
36 Manage somehow
37 Modify
39 Knight's address
41 Once called
42 Scull need
44 Big Mac or Whopper
46 Fame
50 Doo follower
51 Diner employee
52 Terrier type
56 Heche or Hathaway
57 List-ending abbr.
58 401(k) alternative
59 Stagger
60 Say it ain't so
61 Roulette bet

DOWN

1 Speedometer stat
2 — standstill
3 Tiny, as a fracture
4 Occur
5 Parisian pal
6 Pizzazz
7 Follow as a result
8 Credit cards
9 Rembrandt creations
10 With 11-Down, having dark peepers
11 See 10-Down
16 Aries
20 Corn spike
21 One of the Three Bears
22 Astringent
23 Horse and buggy, e.g.
27 — de deux
29 Classical-music lover
30 Foil's cousin
31 Crystal gazer
33 Diver's aid
35 Chest protector
38 Pop
40 Without courtesy
43 Used 42-Across
45 "Go, team!"
46 Cicatrix
47 Sound quality
48 Top-notch
49 Wee parasite
53 Scooted
54 Anger
55 "Way cool!"

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

		1	5		9	8		
7		9				4	5	
				1	6			
				2	7	5		3
6								2
5		2	6	3				
			7	4				
	5	8				3		7
		6	3		8	9		

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

A	C	T		P	O	S	E		A	B	E	D		
T	O	O		I	R	O	N		C	I	A	O		
O	A	F		C	A	N	D	Y	C	O	R	N		
P	L	U	C	K			S	E	E					
			A	L	E	S		T	S	A	R	S		
C	A	N	D	E	L	A	S		S	U	E	T		
A	P	E		D	E	L	I	A		L	E	A		
M	E	A	D		C	A	N	D	I	D	L	Y		
E	X	T	R	A		D	O	J	O					
			E	L	F			U	N	Z	I	P		
C	A	N	D	L	E	M	A	S		E	R	E		
A	G	O	G		E	A	S	T		S	A	N		
R	O	D	E		T	O	S	S		T	N	T		

4	6	1	7	3	2	5	9	8
3	7	9	6	8	5	2	1	4
5	2	8	4	1	9	6	3	7
2	9	7	8	5	6	1	4	3
6	8	5	1	4	3	9	7	2
1	3	4	2	9	7	8	5	6
7	5	2	3	6	1	4	8	9
8	1	6	9	7	4	3	2	5
9	4	3	5	2	8	7	6	1

On the web

For more games and 60 additional daily cartoon strips, visit metronews.ca



Metro Recipe of the Day



STEPHEN MACLEOD

Fresh Healthy Tomato Cabbage Soup

Submitted by Irene Leung, Port Dover, ON

INGREDIENTS:

1/4 wedge of cabbage (green or red)
2 fresh tomatoes
1 carton (1 litre) of chicken broth
1 Slice (1/8 inch thick) of fresh ginger
1 splash of hot sauce (optional)

METHOD:

1. Pour entire carton of chicken broth into a large saucepan and add a slice of ginger into it and bring to a boil.
2. While the broth is boiling, cut cabbage into 1/2 inch strips and cut tomatoes into wedges.
3. Put the cabbage, tomatoes and hot sauce (if using) into the hot broth and bring to a boil.
4. After it has been boiled, simmer for about 5-10 minutes until cabbage is tender and tomatoes have broken down in smaller chunks. You can add salt and pepper to taste if desired but I find the salt in the broth is enough.
5. Ladle soup, cabbage and tomatoes into bowls and serve piping hot with crackers or a slice of crusty bread.

SERVES 2-4

PREP TIME: 5 MINUTES
COOK TIME: 15 MINUTES

20 minute SUPPER CLUB
20 Minute Supper Club helps you get dinner ready in a snap. Sign up for quick and delicious recipes, cooking and food tips. It's free at **20minute supperclub.com**

Horoscopes by Sally Brompton sallybrompton.com

For Sally's expanded daily and weekend horoscopes, visit metronews.ca

ARIES ♈
MARCH 21-APRIL 20
If you can't handle something alone then by all means ask for assistance. Friends and family will rally round if you ask them. So ask them.

TAURUS ♉
APRIL 21-MAY 21
You will find it easier than ever to make a good impression, but don't try too hard — make it seem as if you are doing them a favour.

GEMINI ♊
MAY 22-JUNE 21
The truth must be told and you are the one who must tell it. Don't be afraid to point out where the so-called experts are wrong.

CANCER ♋
JUNE 22-JULY 22
Your attitude towards an issue that involves money, investments or property will harden today and you will refuse to make changes.

LEO ♌
JULY 23-AUG 23
Spell out what it is you are going to be doing over the next few weeks and what it will mean not just for yourself but for other people too.

VIRGO ♍
AUG 24-SEPT 22
You must let certain people know that you do not exist merely for their convenience.

LIBRA ♎
SEPT 23-OCT 23
You will find the confidence to make changes today, and the sooner you start making them the sooner you will see the results that you long for.

SCORPIO ♏
OCT 24-NOV 22
Cosmic activity in the domestic area of your chart will make it easier for you to explain to others some of the actions.

SAGITTARIUS ♐
NOV 23-DEC 21
You will find it remarkably easy to get people to do what you ask of them today

CAPRICORN ♑
DEC 22-JAN 20
Forget about flattery, forget about threats — colleagues will respond best to facts and figures.

AQUARIUS ♒
JAN 21-FEB 18
There can be no more excuses for putting off things that should have been finished by now.

PISCES ♓
FEB 19-MARCH 20
Solar and planetary activity in the most sensitive area of your chart means you must consciously and continually strive to stay cheerful.

FLIGHT CENTRE Unbeatable
Niagara Falls
Valentine's Day, 2 Nights
from $99
taxes & fees included
1 866 967 5402 | flightcentre.ca
Conditions apply. Ex: Halifax. Hotel price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change.

This day in history

1793 – After being found guilty of treason by the French Convention, Louis XVI of France is executed by guillotine.
1911 – The first Monte Carlo Rally.
1948 – The Flag of Quebec is adopted and flown for the first time over the National Assembly of Quebec.
1960 – Miss Sam, a female rhesus monkey, lifts off from Wallops Island, Virginia, aboard Little Joe 1B – an unmanned test of the Mercury spacecraft.
2002 – The Canadian Dollar sets all-time low against the US Dollar (US$0.6179).

METRO NEWS SERVICES

FLIGHT CENTRE Unbeatable
Atlantic City
Air + 3 Nights 4-Star
from $289
+ taxes & fees $174
INCLUDES accom on the Boardwalk.
1 866 967 5402 | flightcentre.ca
Conditions apply. Ex: Halifax. Package price is per person, based on double occupancy. Prices are subject to availability at advertising deadline and are for select departure dates. Prices are accurate at time of publication, errors and omissions excepted, but are subject to change. Taxes & fees include transportation related fees, HST and fuel supplements and are approximate and subject to change.

Nova Scotia's #1 Ram Center

NEW INVENTORY JUST ARRIVED.

WORK SPECIAL



STK# 10RR0793

2010 RAM REG CAB 1500

4.7L V8, 5 Speed Automatic, Trailor Tow Package, SXT Appearance Group

NOW $23,597*/ $173** BIWKLY DRIVE AWAY

PERFECT PLOW TRUCK



STK# 10RR4232

2010 RAM REG CAB 2500 4X4

5.7L HEMI, SLT Package, Light Group, Protection Group, HD Snowplow Prep Group, Trailor Tow Group, Anti-Spin Differential, Clearance Lamps, U-Connect, Remote Start

$289** BIWKLY DRIVE AWAY

WINTER'S HERE 4X4



STK# 10RR9056

2010 RAM REG CAB 1500 4X4

4.7L V8, 5 Speed Automatic, Trailor Tow Package, SXT Appearance Group

NOW $26,997*/ $196** BIWKLY DRIVE AWAY

CUMMINS TURBO DIESEL



STK# 10D4233

2010 RAM REG CAB 2500 4X4

6.7 Cummins Diesel, Light Group, Protection Group, HD Snowplow Protection Group, Popular Equipment Group, Anti-Spin Differential, U-Connect, Remote Start

$349** BIWKLY DRIVE AWAY

TAKE THE WHOLE FAMILY



STK# 9RC0108

2010 RAM QUAD CAB 1500

5.7L HEMI, SXT Plus Decor Group, Security Group, Power Group, Tilt, Cruise, A/C, U-Connect

NOW $35,997*/ $257** BIWKLY DRIVE AWAY

FITS THE WHOLE WORK CREW



STK# 10RD4230

2010 RAM CREW CAB LONG BOX 2500

6.7 Cummins Diesel, Light Group, Protection Group, HD Snowplow Protection Group, Popular Equipment Group, Anti-Spin Differential, U-Connect, Remote Start

$376** BIWKLY DRIVE AWAY

PLUS

Your Choice – NO CHARGE – Mopar Factory Box Liner or Spray In Liner

DARTMOUTH
CHRYSLER JEEP DODGE
Where Nova Scotia Comes to Save!

469-9050
WWW.DDODGE.COM

Prices and payments include loyalty or conquest bonus cash. *Prices plus freight, taxes and fees. **Payments include freight, taxes, fees, and rebates to dealer OAC.